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### The Self Improvement Show Archives Available July 03rd 2014: Romancing Your Soul

Do you think you are finally living up to other people's expectations of you? Really? Why do you think you need to? Are you so busy climbing the ladder of success that you forgot what happiness is like? What if you get to the top and find you have the ladder against the wrong wall? Regina Cates asks us to question our notions of what success and happiness really mean. She asks us to lead with our hearts instead of our heads. We're going to talk about what that means and how to go about doing it. What would your life be like if you could act from a place of love instead of a place of fear, and

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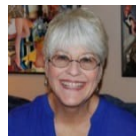
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### Featured Guest



#### Regina Cates

Regina Cates, a spiritual teacher, transformational author and positivity junkie, inspires hundreds of thousands of people every day to live lives of limitless possibility. Through her Los Angeles-based company, Romancing Your Soul, she guides people to lead with their hearts. Now with her first book, Lead with Your Heart, Regina is set to touch the hearts of a wider audience. She was educated as a classical musician on the French horn and played drums in a rock 'n' roll band. She earned a bachelor's degree in teaching from Sam Houston State University in Texas and a master's in public and private management from Birmingham-Southern College in Alabama. She worked as assistant circulation dir

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