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The Self Improvement Show

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July 17th 2014: Self Improvement at Its Best

It's way past time we have a little chat—just me and you. I want to talk about all things "self improvement" from self esteem to whatever. We'll talk about some of the best books, best videos, best programs, best meditations—as many of the things I consider "best" that I can think of. If you have something you found that was particularly helpful, call and let me know about it. In fact, call in if you have something to share or just want to chat. Call in to 1-888-346-9141

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