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**The Self Improvement Show**  
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**October 23rd 2014: Kisses!**

Kisses! Don't we all like kisses? We're going to talk about kisses but not the kind of kisses you usually think of. KISSES stands for Keep It Simple Steps for Evolving Spiritually. Douglas Colbert has written a workbook and journal for you to work with your SOB (again, not what you probably think. SOB stands for State of Being). His workbook is a unique tool that offers exercises and practices that transforms the SOB for sustaining growth. Colbert's intentions are to heighten the consciousness and benefit of having a fit and properly conditioned SOB. He professes that the SOB is the foundatio

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#### Featured Guest



#### Douglas W. Colbert Jr.

Douglas W. Colbert Jr., has more than twenty years experience as a systems analyst and programmer which encompasses analyzing problems and opportunities and understanding what makes things work (or not work).

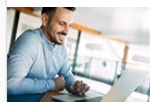
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