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Embrace Your Inner Self and Empower Yourself

Archives Available

January 26th 2015:10 Steps to a New, More Confident You

With 2014, behind us let's kick off 2015 with the focus on enhancing our inner self by improving our self esteem. Self esteem is shaped by your thoughts, relationships, and experiences, and is an overall opinion of yourself- how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. You will receive actionable, practical advice to improve your self esteem.

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Featured Guest



Dr. Joy Ohayia

Dr. Joy Ohayia's success draws on years of experience in the fields of nutrition, personal training, and overall health and wellness. As producer and host of, "The Dr. Joy Show – Your Prescription for Total Wellness," she offers practical advice and meaningful insights to viewers as they aspire toward comprehensive wellness. Additionally, Dr. Joy Ohayia has created a roster of wellness products, including Dr. Joy's Daily Veggies dietary supplement, designed to help users get their daily recommended servings of vegetables, as well as the DVD, "Your Prescription for Total Wellness," which delivers a complete wellness regimen focused on nutrition, mental and physical health – in under 30

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