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EMPOWERMENT



**The Self Improvement Show**  
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**May 7th 2015: The Alchemy of Self Healing**

Your body is "instant messaging" you all the time, and these messages contain a unique cellular treasure waiting to be discovered. The key to accessing what our bodies are telling us and thereby transforming our stressful lives can be found through craniosacral therapy. We will talk to Jeannine Wiest, a certified craniosacral therapist, about how you can tune into your body in order to transform old stories that dwell in the body and drain well-being; reconnect with body wisdom to access creative resources; develop habits to access the cellular information from the body; respond to challenges

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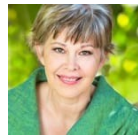
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**Featured Guest**



**Jeannine Wiest**

Jeannine Wiest is an advanced certified craniosacral therapist, Reiki master, and holistic coach in Los Angeles, California. Wiest holds craniosacral certification from the Upledger Institute

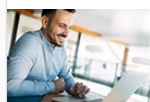
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