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Be The Best You Can Be Archives Available June 24th 2015: Madly Chasing Peace

In this episode we will be exploring one of the most desirable qualities of our human experience- that of PEACE! Peace is something we all want yet few of us know how to look for and achieve it! My guest, Dina Proctor, shares with us her "short-cut", if you will, to peace in only 9 minutes a day. She has used it herself to transform every aspect of her life and she will teach us how to use this technique too. Dina offers many tools and tips for creating a more peaceful life.

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Featured Guest



Dina Proctor

Dina Proctor is a life and business coach, inspirational speaker, and best-selling author of Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day. After hitting emotional rock-bottom, she -quite unintentionally!- created a process called 3x3 Meditation (3 minutes, 3 times a day) that enabled her to transform every aspect of her life. From weight loss and banishing addictive cravings to reconstructing relationships, this simple and yet incredibly effective method has gained the support of Jack Canfield and Dr. Bruce Lipton, and is now helping thousands of others around the world improve their lives. Meet her at www.madlychasingpeace.co

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