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Be The Best You Can Be Archives Available December 09th 2015: Master The Art Of Aloneness

In this episode we will be discussing the step-by-step road map for gaining mastery of your own life- especially for single people. We will be talking how to master the art of aloneness and transform your life! It's about "becoming the partner you seek", instead of looking for someone else to complete you, you can be your own cherished solemate! About half of the population in the US is single, yet there is often a stigma associated with this aloneness. Many people still believe that marriage is the ideal lifestyle. Learn to treat yourself well, shed your self-defeating pattern and become the

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Featured Guest



Lauren Mackler

Lauren Mackler is a world-renowned coach, psychotherapist, creator of the Illumineering Coaching method, and author of the international best-seller, Solemate Master the Art of Aloneness & Transform Your Life. Named one of the "Top Ten Coaches in America" by Vitals Magazine, Lauren is a blogger for the Huffington Post, and human behavior and relationships expert on CNN and FOX. Her work has been covered widely in the media, including NPR, Wall Street Journal, Money Magazine, Marie Claire, Forbes, Parade, New York Daily News, and many other media. She has served as a member of Northeastern University's faculty, guest lecturer at Brandeis and Harvard Universities, and she is a featured prese

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