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### The Self Improvement Show Archives Available March 3rd 2016: Spiritual Stuff

One of the most interesting and informed guests I have had on this show is Dr. Joseph Cardillo. The last time he was on we talked about energy and just touched on energy and spirituality. It left me wanting to discuss it more and in greater depth and he agreed to do that. So on this show we will talk about spiritual things and who know where it will go? Certainly we will talk about what spirituality is, what spiritual energy is and how you tap into it. And so I ask you the questions, "What is spirituality? What role does spirituality play in your life? What is the difference between being spir

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### Featured Guest



#### Joseph Cardillo, PhD

Joseph Cardillo, PhD, is a best-selling author in the fields of health, mind-body-spirit, and psychology. He is an expert in attention training and creative thinking and has taught more than 20,000 students in various colleges, universities and institutes.

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