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The Self Improvement Show Archives Available
June 2nd 2016: Rock 'n Roll Your Way to HAPPY

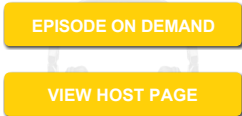
Shemane Nugent may be the wife of a rock and roll legend, but she has her own claim to fame and accomplishment. She will tell us her story of losing her house and her health because of exposure to mold and recovering from this near-fatal illness with new insights. She now again teaches fitness and has recently published "4 Minutes a Day, Rock 'n Roll Your Way to HAPPY." She asks, "Can four minutes a day really change your life?" And she answers, "Yes, it can." We will talk about how four minutes a day can help you become "more creative, productive and healthy and be the catalyst you need to be

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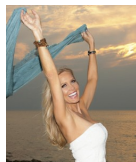


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Featured Guest



Shemane Nugent

Shemane is a leading healthy lifestyle expert, fitness instructor, best-selling author, and motivational speaker who has helped thousands of people get fit and happy for 38 years. She is also an award-winning TV producer and host who has been featured on MTV, Vh1, FOX, CMT, Discovery, Entertainment Tonight, and many others.

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