

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



The Self Improvement Show Archives Available
September 1st 2016: Finding Emotional Independence

Tune in

Archives Available on
VoiceAmerica Empowerment Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Emotional independence starts from within. You can learn to embrace and enhance your self-leadership skills and to become the source of your own emotional fulfillment—effectively neutralizing adult co-dependency. Pick your favorite challenge—the one that “bugs” you the most, that holds you back the most—and imagine what your life would be like if you resolved it. Go ahead, Pick One: Fear of Rejections, Fear of Judgement, Lack of Confidence, Poor Performance, Unsuccessful Relationships, Feeling Overwhelmed, Social Anxiety, People Pleaser, Lack of Identity, Depression, Emotionally Unavailable, A

[Read more](#)



Featured Guest



Luca Bosurgi

Author, visionary and inspirational speaker, Luca Bosurgi DHyp, PgDip, MBSCH, C. is the creator of Bosurgi Method™ and founder and CEO of the Mind Fitness Lab Corp.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

