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The Self Improvement Show
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October 6th 2016: Live a Life You Love

Healthy living is about much more than just eating right or exercising. It's also about living a life that you love and taking care of you. Many people are so stressed, slogging through each day in unfulfilling jobs, not understanding the opportunities that are available to them. People are quick to visit a physician to find a cure for everything that bothers them without care about the consequences. Today we are talking with Lisa Jahred, who will share her experience of why she took her health care into her own hands and how stepping out of her comfort zone to create an online home business c

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Featured Guest

Guest Image

Lisa Jahred

Lisa Jahred specializes in helping empower people to achieve their dreams of a healthier, more fulfilling lifestyle. A few years ago she was on a quest to find a way out of her job in Corporate America and transition to work that was more gratifying.

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