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The Self Improvement Show

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February 23rd 2017: We're Back: A look at things to come

Why do you need to take a break now and then? What are your pet peeves and how do you deal with them? How do you get out of a bad mood? Read any good books lately? We may touch on all of these. Irene invites you to call in with your ideas for shows, to let off steam about your pet peeves, to tell us how you handle stormy or sad moods, to suggest a book or whatever you have on your mind that relates in any way to self improvement. Just general chit-chat among friends.

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