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The Self Improvement Show Archives Available April 20th 2017: Love in a Chaotic World

"In this crazy, chaotic world, we desire lasting intimacy. But too often being in an intimate relationship means we have to compromise, or lose, vital aspects of our personalities. How can we avoid sacrificing our own self-care to get the love we want?" This is the question asked by many, including Dr. Jeffrey Rubin who will be our guest on this show. Dr. Rubin has written "The Art of Flourishing: A Guide to Mindfulness, Self-care, and Love in a Chaotic World" and we will talk about flourishing, intimacy and authenticity. Dr. Rubin states, "It would give me great joy if the view of flourishing

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Featured Guest



Dr. Jeffrey B. Rubin

Dr. Jeffrey B. Rubin is a graduate of Princeton University, Columbia University and Union Institute. He received psychoanalytic training at Lenox Hill Hospital in New York City and The Westchester Institute for Training in Psychoanalysis and Psychotherapy and he is the creator of meditative psychotherapy.

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