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The Self Improvement Show was created because almost everyone wants to be better, do better, and achieve more, but we don't always know how to do that. We aren't looking for perfection. We are simply trying to improve in ways that allow us more happiness, contentment and success with some laughter along the way. We address issues common to us all and suggest useful tools that will help you tap into your strengths and your wonderful uniqueness. We think most self improvement is an "inside job" so we talk a lot about how to "go within" to make lasting changes. We talk to people who have strugg

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