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EMPOWERMENT



**The Self Improvement Show**  
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**November 11th 2010: Midlife Mojo**

Are you ready for your midlife crisis? On this show we will talk with Frankie Picasso about "Midlife Mojo" and other things pertinent to self improvement. What's a midlife crisis anyway and how do you deal with it? Are there ways to prepare for midlife so we don't have a "crisis?" We will also be talking about self worth and self esteem, getting rid of negative self talk, working through fear and how and why Frankie is unstoppable.

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