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EMPOWERMENT



**The Self Improvement Show
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October 25th 2012: Heal From Your Heart**

Denise DeMaras is an artist, author and Self Health Coach based in Southern California. Her new book is literally "hot off the press" that gives a fresh approach to healing. Heal From Your Heart With Breath, Rhyme, and Art "is a book that teaches us how to use the natural biological and energetic rhythms in your body, mind, and spirit to heal physical or emotional pain and release mental tension." Denise will share with us how to "live from your heart," in order to make your day more of an adventure. She will share with us how to disconnect from mind chatter and why that is important. We will

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