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EMPOWERMENT



**The Self Improvement Show**  
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**September 26th 2013: This and That with Irene Conlan**

It's been a while since we had a chance to chat—just you and me. I want to talk with you about a number of things: de-cluttering (your mind and your house); a do-it-yourself-at-home-addiction program; planning ahead for the holidays; some of the best books I've read; the importance of pets (see the picture above—my dog, Smarty as a pup); and more. I invite you to call in if you have something to share or just want to chat. Call in to 1-888-346-9141

#### Tune in

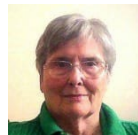
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#### Featured Guest



#### Irene Conlan

Irene Conlan has a master's degree in nursing and a Ph.D. in Metaphysics. She taught nursing at Arizona State University, served as Director of Nursing Administration at St. Luke's Hospital and Medical Center in Phoenix and served as Assistant Director of the Arizona Department of Health Services.

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