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**The Self Improvement Show  
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December 26th 2013: Honor Yourself Now**

Now that Christmas is over and we only have New Year's feasting and those dreaded New Year's resolutions, Jennifer Bardall comes to our rescue. She will help you understand how you can get back in balance with your food and eating and learn to love yourself regardless of your size. Jennifer teaches with great humor and sound advice and practices what she preaches. How can you end the year better than by finally accepting who you are and honoring you? Be sure to grab her new book "Delicious: Discover Your Secret Sauce, Put Down The Fork, Pick Up Your Life."

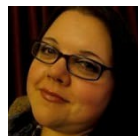
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**Featured Guest**



**Jennifer Bardall**

Jennifer Bardall helps women fall in love with themselves. After years of eating her weight in food in order to make up for what was lacking in her life, she now helps others to get out of that same boat by showing them how beautiful and worthwhile they are, while adding to their lives in order to let go of food (and the negative beliefs that lead to overeating in the first place).

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