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**The Self Improvement Show**  
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**February 13th 2014: Optimal Living**

Life does not play favorites. There is no life's lottery. But that doesn't mean if you were born with nothing, you're destined to a life of mediocrity. Everyone has the same assets at the beginning. While some may have more of an asset, you can easily compensate if you invest your life currencies wisely. Find out how managing your life's currencies of time, energy, social and financial assets will provide you with the Optimal Life you seek! Dr. Jain's just released book Optimal Living 360: Smart Decision Making for a Balanced Life is a comprehensive self-help wellness book on 'steroids.' We wi

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#### Featured Guest



#### Sanjay Jain

Sanjay Jain, at the age of 42, represents a new wave of thought leadership and expertise developed not only from his medical and financial education, but also his life experiences.

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