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October 7th 2016: Self Development in the Modern World - Matt Jones

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I came across a beautifully written article on Inc.com called 20 Brutal Truths About Life No One Wants to Admit. I absolutely had to interview the author Matt Jones. Matt is passionate about self development in the Modern World which is also the title of his column on Inc.com. Join me while I interview him on the topic of self development and how individuals can live more fulfilling lives. Matt thinks differently than many influencers in this area because his recommendations are informed both by what he learned through psychological studies and by ancient wisdom transmitted by gurus. He a

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Featured Guest



Matt Jones

Matt Jones is a licensed therapist, addiction specialist, life coach, and doctorate student. He writes for major publications like Inc Magazine, Huffington Post, Business Insider, and more.

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