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THE KATHRYN ZOX SHOW

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The Kathryn Zox Show

Wednesday at 7 AM Pacific

January 17th 2018: Ep. 1: Parenting and Ep. 2: Dieting with Economics

Kathryn interviews award-winning educator and psychiatrist Daniel Siegel MD, author of "The YES Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child". Dr. Siegel offers advice and tools to help turn a "No Brain" into a "Yes Brain" by cultivating a child's ability to say yes to the world, to take more chances and be less worried about making mistakes. Dr. Siegel, clinical professor of psychiatry at the UCLA School of Medicine, is the founding co-director of the Mindful Awareness Research Center at UCLA. Kathryn also interviews energy expert and senior Bloomberg intelligence

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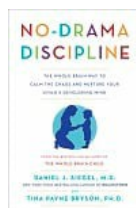
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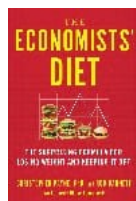
Featured Guests



Daniel J. Siegel, M.D.

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight institute.

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Rob Barnett

ROB BARNETT is an energy expert and senior analyst at Bloomberg Intelligence and has worked for Bloomberg since 2011.

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