



## Patricia Raskin

### POSITIVE LIVING SHOW

**The Patricia Raskin Show**  
**Monday at 11 AM Pacific**

**May 21st 2018: Lynda Shrager: Healthy Aging  
and Therapy Gilda Arruda: Emotion and  
Optimism**

In the first half, Patricia interviews Lynda Shrager, author, blogger, columnist, keynote speaker and educator. She has written multiple books including her new book *Age in Place* and her first book *Otherwise Healthy: A Planner to Focus Your Thoughts on Organizing Life after Being Diagnosed with Breast Cancer*. She will discuss her book, *Age in Place*, to help seniors remain in their own homes in the face of declining physical and/or cognitive abilities. In the second half, Patricia interviews Gilda Arruda, author, inspirational speaker and free-lance writer. She has written five books inc

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#### Featured Guests



##### Lynda Shrager

Lynda Shrager, is an author, blogger, columnist, organizer, keynote speaker and educator. She received her bachelor's degree in Occupational Therapy from Boston University's Sargent College and master's degree in Social Work from the University of Albany.

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##### Gilda Arruda

Gilda Arruda is an author, inspirational speaker, and free-lance writer. She has written five books, including *A Boy and his Music*, a children's book based on the life of Joseph Raposo, composer and cofounder of Sesame Street; *Amor Proibido-Forbidden Love*, a Portuguese historical romance

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