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#### Dr. Carole's Couch

Tuesday at 1 PM Pacific

**January 14th 2020: How to Change Your Story to Change Your Life**

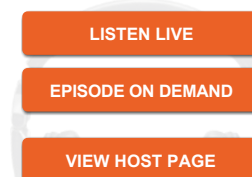
No matter how bad your life has been, you don't have to stay stuck on the same path. Today's guest, James Sweigert, author of *If You Say So: My Story and How I Changed It To Save My Life*, is living proof that changing the story you tell about yourself can turn a traumatic childhood into a successful Hollywood career. Sweigert takes you on his personal journey: from his childhood horrors, alcohol and drug addiction, homelessness, suicide attempt and more to how he turned his life around by changing the story he tells others and himself - from dark pessimism to visions of success that he ultimat

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#### Featured Guest



##### James Sweigert

James Sweigert is the youngest of seven, whose family was shattered when his father left just after he was born, and his mother later married another man with five children of his own. Today James is a successful executive producer and director in film and television who has built, run and sold several multi-million dollar companies.

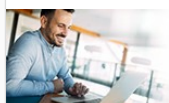
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