



**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**October 21st 2020: Ep. 1298: Revolutionary Self-Help and Ep. 1299: Distance Learning**

Kathryn interviews Trauma Recovery Expert Suzanne Jones, author of “There Is Nothing to Fix: Becoming Whole Through Radical Self-Acceptance.” She’s helped thousands of participants with her life-changing somatic healing program and leads you on a journey back to your authentic self by guiding you through a personal exploration of recovery, growth and resilience. Jones has been profiled on CNN and in Yoga Journal, the NY Times, Shape and Whole Living. Kathryn also interviews Teacher & Thought Leader Rosalind Wiseman, author of “The Distance Learning Playbook for Parents: How to Support Your Chi

[Read more](#)

 [DOWNLOAD PDF](#)

 [GET CODE](#)

**Tune in**  
Wednesday at 7 AM Pacific  
Time on VoiceAmerica Variety Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

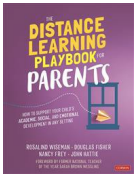
**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-866-472-5788**  
**Intl: 001-480-398-1394**

**Featured Guests**



**Suzanne Jones**  
Suzanne Jones is an expert in the field of trauma recovery through somatic methods. She has presented workshops and talks at Omega Institute, Kripalu, mental and behavioral health facilities in the greater Boston area and national conferences. She has been profiled on CNN and in Yoga Journal, the NY Times, Shape and Whole Living, and she's been interviewed by author Rick Hanson for his Foundations of Well-Being online course. Jones founded the TIMBo Collective (formerly called yogaHOPE) in 2006 and developed the TIMBo program for transforming trauma in 2009. Since its launch, her program has been delivered to over 4,000 women in the U.S., Haiti, Kenya and Iran, and helped transform client

[Read more](#)



**Rosalind Wiseman**  
Rosalind Wiseman is a teacher, thought leader and best-selling author of Queen Bees & Wannabees, the book that inspired the hit movie and musical Mean Girls; Masterminds & Wingmen; and Owning Up: Empowering Adolescents to Create Cultures of Dignity and Confront Social Cruelty and Injustice, Third Edition, a curriculum for middle and high school students. She is the founder of Cultures of Dignity and lives in Colorado with her husband and two children. Follow her on Twitter @cultureodignity.

[Read more](#)

**Share This Episode**

 [Share On Facebook](#)

 [Share On Twitter](#)

 [Share On LinkedIn](#)

**Connect with VoiceAmerica**

Download our mobile apps



Read what our hosts are writing about.

