

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



# MEN'S THERAPY PODCAST

**Men's Therapy Podcast**  
**Wednesday at 11 AM Pacific**  
**August 20th 2021: My Body Hates Me**

For many, chronic illness is an invisible illness. It's nearly impossible to tell if someone is struggling and our culture doesn't talk about them openly. Christina Dixon has lived with an autoimmune disorder her entire life. Flare ups can humble her and knock her down for a few days. In this episode we'll hear how Christina manages her illness, how it's informed her relationship with her body, and how she rises from the ashes every day.

[DOWNLOAD PDF](#)

[GET CODE](#)

## Tune in

Wednesday at 11 AM Pacific  
Time on VoiceAmerica Health  
and Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-866-472-5792**  
**Intl: 001-480-553-5759**

## Featured Guest

Guest Image

### Christina Dixon

Born under the Aries zodiac sign, Christina was destined to be strong willed and to persevere. And she's needed those traits to achieve her goals while living with chronic illness. As a psychotherapist Christina works with clients to listen to their bodies, thoughts and emotions and to accept all these messages without criticism or judgement. She helps adults experiencing anxiety, depression and trauma to move from struggling to thriving. She currently lives in Los Angeles but is an East Coaster at heart.

[Read more](#)

## Share This Episode

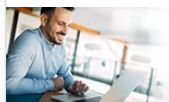
[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

## Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**