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August 25th 2021: Pet Partners, Letting Go of Nothing, Back to School

Did you adopt a pet during this pandemic? Have you been spending 24/7 with your new furry family friend because you've been working from home? What are you going to do when you have to go back to the office? Many pet owners want to bring their animals to the office. Peter Russell's Letting Go of Nothing, is a practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance. Cynthia Brian interviews Peter to find out how we can bring p eace of mind, fresh perspectives, and wisdom in action to our da



## **Featured Guest**



### **Peter Russell**

Peter Russell, author of Letting Go of Nothing and From Science to God, earned degrees in theoretical physics, psychology, and computer science at the University of Cambridge in England, where he studied for a time with Stephen Hawking. He studied meditation and Eastern philosophy in India and later conducted research into the neurophysiology of meditation. He coined the term global brain with his 1980s bestseller of the same name (100,000 copies sold), in which he predicted the internet and the impact it would have on humanity. He lives in Northern California. www.PeterRussell.com.

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