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Psych Up Live

with Dr. Suzanne Phillips

Psych Up Live Thursday at 11 AM Pacific

April 28th 2022: Encore Making Your Dream

Take Flight At Midlife

We are often told to reach for our dreams and that the only real risk in life is never trying. This is the story of MJ Marggraff, a woman who decided to reach for her dream. In midlife, this wife and mother of two young children decided to take flying lessons. Her story of becoming a pilot is a story of fear, excitement, guilt, harassment, challenge and joy. It is a story that reveals how reaching for your dream impacts everyone you know and love in different ways. Whether you are a pilot, you love flying or would never board a plane, MJ Marggarff's story will invite you to think differently

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Featured Guest



MJ Marggraff

MJ Marggraff is a pilot, author of the book, Finding the Wow, founder of 'Space Games' aboard the International Space Station, and a current graduate student with a goal to help astronauts thrive on long-duration space flights.

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