



HEALTH & WELLNESS



#### The Dr. Melanie Show

Archives Available

**January 24th 2013: Surviving and Thriving in Health and the Workplace**

How does one survive polio and raise three children, hold down a job, and keep a marriage alive and well? Linda Christianson in her book *All the Steps I Have Taken: Then and Now* tells us how. How do you survive your promotion? Edward Lopatin has done it, written about it in his book by the same title, and will tell us how to do it.

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#### Featured Guests



##### Linda L. Christianson

Linda L. Christianson is a mother, grandmother and retired registered dental assistant living in Blooming Prairie, Minn., with her husband. Christianson is active in her community and enjoys sewing, piano, church activities, entertaining friends and spending time with her grandchildren. *All the Steps I Have Taken: Then and Now* is her first book.

[Read more](#)



##### Edward Lopatin

Edward Lopatin has a master's in public administration and is a graduate of the Coro Foundation midlevel executive program. He received Toastmasters International's highest honor, the Distinguished Toastmaster designation, and has won numerous regional speech contests. Edward was director of Finance and Administration at San Francisco's Juvenile Probation. Before that, he was an audit manager in the city's Controllers Office. Throughout his career, Edward coached dozens of employees, friends, and colleagues to help them realize professional success. During his professional career and in the years since he retired, Lopatin served on a number of community and political boards in San Francisco

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