



THE KATHRYN ZOX SHOW

YOUR SOCIAL WORKER WITH A MICROPHONE™

The Kathryn Zox Show
Wednesday at 7 AM Pacific
June 3rd 2015: Improving Relationships and The Power of Resiliency

Kathryn interviews Family Systems Institute founder and director Jenny Brown MSW, author of "Growing Yourself Up: How to Bring the Best to All of Life's Relationships". It's in our relationships that we can experience the very best of ourselves and the very worst. Brown teaches us that all of life's relationships are integral to increasing self-awareness and growing maturity – and it's not necessarily the comfortable ones that promote personal growth. Kathryn also interviews stress and resilience expert Eva Selhub MD, author of "Your Health Destiny: How to Unlock Your Natural Ability to Ov

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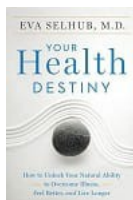
Featured Guests



Jenny Brown

Jenny Brown is the author of the book Growing Yourself Up (published 2012 in Australia, 2015 in the USA); that applies Murray Bowen's family systems theory to life

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Eva Selhub, MD

Dr. Eva Selhub is an internationally recognized expert, physician, author, speaker and consultant in the fields of stress, resilience, mind-body medicine

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