



EMPOWERMENT



Master Your Life
Archives Available

June 28th 2016: Life without Medication -
Intentional Lifestyle Design

Join Leaha and her co-host Howard Rankin Ph.D, author of many self-transformation books including the upcoming I Think Therefore I Am Wrong, for a lively discussion about how to think and feel differently about life's big challenges! Today's show features guest Scott Walker, a man who has been through the rigors with bipolar disorder and who has come out on top. What are the three critical questions you need to answer right now, to see a change in your life today? Who am I right now and who do I want to be? Can I really design my own life even in the face of psychological challenges?

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Featured Guests



Howard Rankin

Dr. Howard Rankin is a former psychologist now coach, speaker and writer with a reputation for taking scientific ideas and turning them into entertaining and engaging content that any reader can understand and use. He has run addiction and eating disorders units as well as his own center that integrated neuroscience into a psychotherapy practice. He is an expert in the latest cognitive neuroscience research which shows how humans really think. Howard has written 10 self-development books in his own name and has co- or ghostwritten more than 20 others on neuroscience, business, spirituality and sports as well as writing memoirs.

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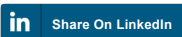


Scott Walker

Scott brought in the new millenium by being diagnosed with bipolar disorder on January 1, 2000 after his first manic episode. During his sixteen year bipolar disorder journey he has met with a wide variety of medical professionals and alternative practitioners, taken many courses and done a lot of research. Scott has been in the psychiatric hospital four times as a direct result of manic episodes.

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