



EMPOWERMENT



Master Your Life
Archives Available

July 19th 2016: **DON'T ACT YOUR AGE: 3 LESSONS IN HEALTH, HABITS AND HAPPINESS**

Today's show features Donna McArthur, D.C.Dr. Donna has been fortunate to enjoy a waiting list chiropractic wellness practice for over 20 years. She started scratching her head when she would see a forty year old patient who appeared to be 60 and on the same day see a 90 year old patient who also appeared 60! What was up with the disparity in aging and well-being? Donna has looked extensively at the research behind longevity and aging as well as increasing your happiness set point and she loves sharing this info with her patients and audiences. Join us today where she will share the three

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Empowerment
Channel



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.

[Read more](#)



Dr. Donna McArthur

Donna has been fortunate to enjoy a waiting list chiropractic wellness practice for the past 20 years. She feels even more blessed to be a wife and a mother of two busy teenagers. Donna is passionate about teaching people the coolest new research on happiness, vibrant aging and how our habits affect both. She is a self-confessed nerd about brain physiology and ties the fascinating workings of our brain in everything she teaches (sounds boring but it's not!).

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

