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**January 3rd 2017: The Art and Science of  
Redemption**

Nobody's perfect and we all have made choices that we regret -- or should regret. But how do you forgive yourself and others? How do you prevent yourself from being defined by your mistake(s)? How do you take shame and turn it into shine, and go from a sinner to a winner? In this episode, Dr Howard Rankin talks about his upcoming book *The Art and Science of Redemption*, and he and Leaha Mattinson talk about the coping strategies used when we are faced with shame, disgrace and humiliation. The hosts then explore which strategies work to heal you and which keep you mired in your own helplessness.



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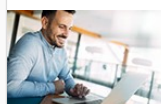
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