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The Self Improvement Show
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July 13th 2017: Finding Authenticity - on a Harley

What happens when women in midlife step out of what's predictable? For Bernadette Murphy, best-selling author and long-time book critic for the Los Angeles Times, learning to ride a motorcycle at the age of forty-eight becomes the catalyst that transforms her from a settled wife and professor with teenage children into a woman on her own. Learning to ride a motorcycle is really just a way of opening a door for Murphy, enabling her to go through a tough divorce and start her life over again. Along the way, she goes rock climbing, ice climbing, SCUBA diving and open ocean paddling (along with cr

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Featured Guest



Bernadette Murphy

Bernadette Murphy served for six years as a weekly book critic for the Los Angeles Times and has published three books of creative nonfiction: The Tao Gal's Guide to Real Estate (with Michelle Huneven); The Knitters Gift; and the bestselling Zen and the Art of Knitting.

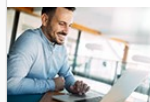
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