



The Kathryn Zox Show
Wednesday at 7 AM Pacific
August 30th 2017: 'Mindful Eating' and 'Everyday Narcissism'

Kathryn interviews registered dietician and yoga teacher Andrea Lieberstein, author of "Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating". We tend to think of food as nourishment for the body only, but we often overlook nourishing the other dimensions of our lives. Lieberstein offers tools and practices so you no longer have to turn towards food to find what you are seeking. Kathryn also interviews psychologist Nancy Van Dyken LICSW, author of "Everyday Narcissism: Yours, Mine, and Ours". Nancy Van Dyken argues that most of us

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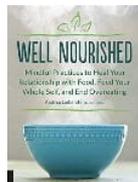
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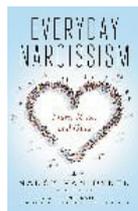
Featured Guests



Andrea Lieberstein

Andrea Lieberstein; A mindfulness-based registered dietitian nutritionist, mindful eating (MB-EAT) and mindfulness-based stress reduction (MBSR) instructor and coach, trainer, and registered yoga instructor has specialized in helping people transform their lives for over 25 years. She leads mindfulness meditation and mindful eating trainings and retreats at retreat centers across the country and internationally. Her individual coaching sessions are accessible to anyone through phone or a virtual video office. She utilizes Mindfulness-Based Eating Awareness Training (MB-EAT), MBSR, MSC (Mindful Self-Compassion) and other mindfulness-based and mindful eating practices in her private practice

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Nancy Van Dyken LICSW

Nancy Van Dyken is a Licensed Psychologist and Licensed Independent Clinical Social Worker in Minneapolis. She specializes in counseling individuals with depression and anxiety as well as working with couples, parents, and teens. For over 30 years, Nancy has helped people to heal relationships of all kinds—including their relationships with themselves. Nancy Van Dyken is a psychologist and author in Minneapolis, MN Nancy is the author of "Everday Narcissism Yours Mine and Ours" and "Forgive Them...Are you Kidding? Preparing Your Heart to Forgive." She is also a trainer and a speaker at workshops, seminars, and conferences, where she shares her wisdom and passion for healing relationship

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