



Patricia Raskin

POSITIVE LIVING SHOW

The Patricia Raskin Show Monday at 11 AM Pacific

October 30th 2017: Laura Holmes Haddad, This is Cancer/Erika Flint, Reprogram Weight

In the first half, Patricia interviews Laura Holmes Haddad, a recent survivor of stage IV breast cancer and author of *This Is Cancer: Everything You Need to Know, From the Waiting Room to the Bedroom*. Laura discusses how to parent with cancer, how to manage a marriage or relationship, how to travel during treatment, how to prepare for this transition, and how to thrive in survivorship. In the second half, Patricia interviews Erika Flint, an award-winning hypnotist, author, speaker and co-host of the popular podcast series *Hypnosis, Etc.* She discusses her book, *Reprogram Your Weight: Stop Thi*

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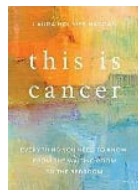
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Featured Guests



Laura Holmes Haddad

Laura Holmes Haddad received her BA from Smith College in Northampton, MA, where she majored in comparative government. Laura spent one year studying international politics at the London School of Economics before enrolling in the chef's program at the California Culinary Academy in San Francisco, CA (and received an AA degree). After working as a caterer in Northern California, Laura moved to New York City and became an assistant cookbook editor at Simon & Schuster. Five years later Laura returned to her home state of California to pursue freelance writing and editing. When she's not writing, Laura can be found hiking, paddle boarding, reading, cooking, or swinging on a rope swing wit

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Erika Flint

Erika Flint is an award-winning hypnotist, author, speaker and co-host of the popular podcast series *Hypnosis, Etc.* She is the founder of Cascade Hypnosis Center in Bellingham, Washington, and creator of the *Reprogram Your Weight* system. She is a registered and Board Certified Hypnotist, an Accredited Certified Professional Hypnotherapy Instructor, a certified 5-PATH hypnotherapist, a certified 7th Path Self-hypnosis Teacher of the Ultimate 9th Degree, and a member of the National Guild of Hypnotists. She is a contributing author of *Hypnotism* since 2017 and for the 5-PATH Journal since 2016. Erika has also been awarded 5-PATH Certified Professional Hypnosis Instructor of 2017 and the 2017

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