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**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
January 31st 2018: Ep. 1: Modern Spirituality and Ep. 2: Choosing Happiness

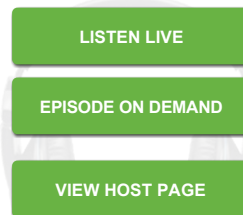
Kathryn interviews Anna Gatmon PhD, author of "Living a Spiritual Life in a Material World: Four Keys to Fulfillment and Balance". Dr. Gatmon demystifies the elusive nature of spirituality and brings it down to earth, providing a concrete roadmap to living a life that is spiritually fulfilling without having to give up material pleasures. Gatmon, a former fashion model and founder of an alternative school, has a doctoral degree in Transformative Learning from the California Institute for Integral Studies. Kathryn also interviews licensed clinical psychologist Rachel Hershenberg PhD, author o

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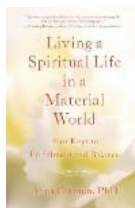
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### Featured Guests



#### Anna Gatmon PhD

Anna Gatmon, PhD, is a visionary educator and spiritual midwife.

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#### Rachel Hershenberg PhD

Rachel Hershenberg, PhD, is a licensed clinical psychologist specializing in the research and treatment of depression.

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