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Sunday at 3 PM Pacific
May 15th 2018: The Gift of Communication

Brigitte Jia hosts a fascinating episode focusing on the benefits of communication. Courtney Cheng's chapter, The Gift of Communication from the forthcoming book, Be the Star You Are! Millennials to Boomers by Cynthia Brian sheds light on the challenges communicating via text, email, and other tech sources can be, especially when navigating relationships. Author of numerous books, Dr. Tina Tessina, plus the 4th edition of How to Be a Couple and Still Be Free, joins Brigitte for a fun discussion on how to create open and honest communications with others by first knowing exactly what you want o

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Featured Guest



Dr. Tina Tessina

Tina B. Tessina, Ph.D. (www.tinatessina.com) is a licensed psychotherapist in S. California since 1978 with over 40 years' experience in counseling individuals and couples and author of 14 books in 17 languages, including It Ends With You:

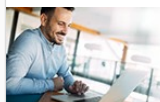
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