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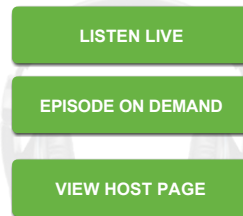
The Kathryn Zox Show
Wednesday at 7 AM Pacific
January 09th 2019: Ep. 1: Parenting Adolescents and Ep. 2: Finding Joy

Kathryn interviews psychologist Carl Pickhardt, author of the book "Who Stole My Child? Parenting Through the Four Stages of Adolescence". For most parents, the onset of puberty brings an unexpected, even unwelcome change in their child's behavior, which can cause bewilderment, confusion, and sadness. Pickhardt draws on decades of work to help parents navigate the changes adolescence will bring about in their relationships with their children. Kathryn also interviews attorney and mindfulness expert Julie Potiker, author of the book "Life Falls Apart, but You Don't Have To: Mindful Methods for

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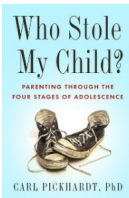


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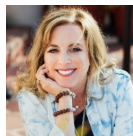
Featured Guests



Carl Pickhardt PhD

Carl Pickhardt PhD, is a psychologist in private counseling and public lecturing practice in Austin, Texas. He received his BA in English from Harvard, his MEd in Counseling from the Harvard Graduate School of Education, and his PhD in Counseling Psychology from the University of Texas. He is a member of the American Psychological Association and is the author of fifteen parenting books.

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Julie Potiker

Julie Potiker is an attorney who began her serious study and investigation of mindfulness after graduating from the Mindfulness-Based Stress Reduction Program at the University of California, San Diego.

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