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Wednesday at 4 PM Pacific

January 08th 2020: Where War Ends, 2020 Garden Trends, Gratitude

After searching in a scout-sniper platoon, Tom Voss came home carrying invisible wounds of war—the memory of doing or witnessing things that went against his fundamental beliefs. Voss and his sister, Rebecca Anne Nguyen have co-authored the book, Where War Ends. They converse with Cynthia Brian about Voss's pursuit of mediation where he discovered breathing techniques that moved him from despair to hope. Hindsight may be 2020, but in this year of 2020, we can live healthier and happier by embracing an attitude of gratitude every day. Despite losses and challenges when we search for the goo

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Featured Guests



Tom Voss

Tom Voss served as an infantry scout in the 3rd Battalion, 21st Infantry Regiment's scout-sniper platoon. While deployed in Mosul, Iraq, he participated in hundreds of combat and humanitarian missions. www.themeditatingvet.com

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Rebecca Anne Nguyen

REBECCA ANNE NGUYEN, Voss's coauthor and sister, is an author, travel writer, award-winning screenwriter, and digital content strategist. She lives in Charlotte, North Carolina. www.themeditatingvet.com

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