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Patricia Raskin

POSITIVE LIVING SHOW

The Patricia Raskin Show

Monday at 11 AM Pacific

February 17th 2020: Erica Spiegelman- Tips for Changing Habits

Erica Spiegelman is an author, addiction and wellness specialist, and motivational speaker who works with individuals, couples, and families on personal growth and overall wellness. Centered around the concept of self-actualization, Rewired presents a simple and common-sense recovery plan that is designed, tailored, and fitted to the uniqueness of every individual, regardless of his or her beliefs, background, or specific addiction. The Rewired approach quickly became a global movement, and Erica created The Rewired Coloring Book, The Rewired Workbook, and The Rewired Life. Erica is a regular

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Featured Guest



Erica Spiegelman

Erica holds a bachelor's degree in literature from the University of Arizona and is a California State Certified Drug and Alcohol Counselor (CADAC)-II from UCLA. Erica is a regular contributor to online health outlets, TV news shows, and hosts "Rewired Radio" on RadioMD. She also conducts professional development workshops on health and wellness, and most recently delivered a series on self-care for Salesforce in the US and Canada.

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