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**Express Yourself!**  
Sunday at 3 PM Pacific  
February 09th 2020: **Meditation and Mindfulness**

Mindfulness is the ability to be fully present in the moment. Host Katelyn Darrow shares how to get clarity and peace of mind to ride oneself of anxiety, stress, and to help with connecting with others. An in-depth interview with Tom Voss and his sister, Rebecca Nguyen, authors of the book, *Where War Ends*, provides insight into moral injury and how mindfulness and meditation can alleviate the pain. Tom 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. T

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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](http://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. <https://www.rebeccaannenguyen.com/>

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