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Express Yourself!
Sunday at 3 PM Pacific
April 5th 2020: Altruism and Pop Star Goddesses

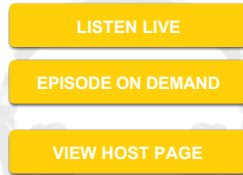
o Times of chaos and uncertainty bring out the best and worst in people. We believe in effective altruism and our hosts, Joven Hundal and Siri Phaneendra explain how scattering kindness and being altruistic is bringing people together during this Covid-19 pandemic. To bring a bit of light-heartedness and fun to the show, they interview author Jennifer Keishin Armstrong about her newest book, *Pop Star Goddesses*, a compendium of 35 incredible female popstars, whose energies, virtues, and vices make them our role models, whether we're getting ready to walk onstage or into a meeting. With her ener

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Featured Guest



Jennifer Keishin Armstrong

Jennifer Keishin Armstrong grew up in the southwest suburbs of Chicago, where she spent most of her time putting on shows in her parents' garage, studying TV Guide, devouring Sweet Valley High books, lip-synching to Debbie Gibson, and memorizing every note of every George Michael song. This finally came in handy when she got a job at Entertainment Weekly, where she worked for a decade. She now writes for several publications, including Billboard, New York, Refinery29, and Dame. She is the author of *Sex and the City and Us: How Four Single Women Changed the Way We Think, Live, and Love*, the New York Times bestseller *Seinfeldia: How a Show About Nothing Changed Everything*, and *Mary and Lou* and

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