

# THE KATHRYN ZOX SHOW

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**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**August 19th 2020: Ep. 1280: Pandemic Pregnancy and Ep. 1281: Workplace Insights**

Kathryn interviews Obstetrician Alan Lindemann MD. Should expecting mothers choose home or hospital births during the pandemic? Dr. Lindemann discusses the considerations and teaches women and families how to obtain the desired outcomes for their own personal health and pregnancy. Dr. Lindemann has delivered at least 6,000 babies with a zero maternal mortality rate. He received the Rural Health Care Provider of the Year from the North Dakota Rural Health Association in 2012. Kathryn also interviews Psychologist Thalma Lobel PhD, author of "Whatever Works: The Small Cues That Make a Surprising

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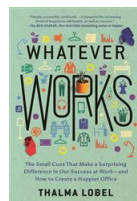
### Featured Guests



#### Alan Lindemann MD

An obstetrician and maternal mortality expert, "Rural Doc" Alan Lindemann MD teaches women and their families how to create the outcomes they want for their own personal health and pregnancy. In his nearly 40 years of practice, he has delivered around 6,000 babies and achieved a maternal mortality rate of zero! Learn more at [LindemannMD.com](http://LindemannMD.com).

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#### Thalma Lobel PhD

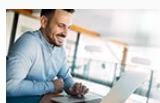
Thalma Lobel PhD is an internationally recognized psychologist and expert on human behavior. A former chair at the School of Psychological Sciences at Tel Aviv University and director of the Adler Center for Child Development and Psychotherapy, she has been a visiting professor at Harvard University and a visiting scholar at Tufts University, the University of California at San Diego, and New York University. Her previous book, *Sensation: The New Science of Physical Intelligence*, was published in 15 countries. Lobel is a sought after speaker who regularly keynotes events in top research institutions and corporations around the world. She has led workshops in banks, design firms, and more, an

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