



**Express Yourself!**  
Sunday at 3 PM Pacific  
**September 13th 2020: Well Being: GAIN without Pain**

Hosts Siri Phaneendra and Andrea Smith welcome Trends without Ends reporter Jack Pawlakos with his riveting report on the healing trends for year, especially during Covid-19 including music therapy and timing of light and biology of the human body. In the face of spiraling rates of burnout amongst physicians and other health care professionals, Dr. Greg Hammer created GAIN, a four-step, proven path to personal resilience and happiness. He describes the GAIN method (an acronym for Gratitude, Acceptance, Intention, and Nonjudgment) and offers remedial therapies for burnout in his new book, GAIN

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**Featured Guests**



**Greg Hammer, MD**

Greg Hammer, MD is a pediatric intensive care physician, pediatric anesthesiologist, and professor at Stanford University Medical Center. A member of the Stanford WellMD initiative and the Wellness Committee for the American Society of Anesthesiologists, Dr Hammer is currently the Chair of the Physician Wellness Task Force for the California Society of Anesthesiologists. He has been a visiting professor and lecturer on wellness at institutions worldwide and teaches GAIN to medical students, residents and fellows. Dr. Hammer's clinical focus is in pediatric cardiac anesthesia and pediatric critical care medicine. His research is in developmental pharmacology and immunology, and he has an ac

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**Jay Jackson**

Jay Jackson is the newest and youngest member of the Express Yourself! Teen Radio Team. He is thirteen and lives in California. Jay enjoys playing sports and spending quality time with friends and family. Basketball has always had a special place in his life. As a student athlete with a 4.0 GPA, his dream is to attend UCLA, join their journalism program, and become a sports journalist. He promises that his segments of Jay's Sports World will be informative and entertaining. Tune in. <http://www.Expressyourselfteenradio.com>

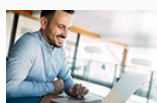
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