



The Kathryn Zox Show

Wednesday at 7 AM Pacific

April 7th 2021: Ep. 1346: The Human Brain and Ep. 1347: Confident Children

Kathryn interviews Science Journalist Bret Stetka MD, author of "A History of the Human Brain: From the Sea Sponge to CRISPR, How Our Brain Evolved." Just 125,000 years ago, humanity was on a path to extinction, until a dramatic shift occurred. We used our mental abilities to navigate new terrain and changing climates. We hunted, foraged, tracked tides, shucked oysters — anything we could do to survive. Before long, our species had pulled itself back from the brink and was on more stable ground. What saved us? The human brain — and its evolutionary journey is unlike any other. Stetka takes us

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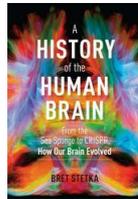
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Featured Guests



Bret Stetka MD

Bret Stetka MD is an Editorial Director at Medscape.com—the professional division of WebMD.com. He is a non-practicing physician and a freelance health and science journalist for a variety of print and online publications. He is a graduate of the University of Virginia School of Medicine. In 2006, he completed a research and science writing post-doctoral year at Mount Sinai School of Medicine in New York City, where he worked in a biological psychiatry laboratory and authored a number of scientific papers published in peer-reviewed journals. He is now a regular contributor to NPR as well as Scientific American Magazine, where he writes about neuroscience, psychiatry and evolution. His work h

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Jack Canfield

Author Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. As the co-creator of the Chicken Soup for the Soul series, he's taught millions of individuals his formulas for success. He is the author and co-author of more than 150 books (including 66 bestsellers) with more than 100 million copies in print in 47 languages around the world. His bestselling book, The Success Principles has been hailed as the new self-improvement classic.

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