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Express Yourself!

Sunday at 3 PM Pacific

January 9th 2022: Setting Goals for 2022 with a Peaceful Heart and Warrior Spirit

Happy New Year from Everyone at Express Yourself!™ Teen Radio! Have you written goals and resolutions to give you a roadmap for 2022? Hosts Maggie and Nihal provide their insights on how to set goals, be accountable, and accomplish them, step by step. Inspiration for a peaceful yet productive year is provided by world champion athlete, coach, professor, and guest bestselling author, Dan Millman with his newest book, Peaceful Heart, Warrior Spirit. Dan discusses his evolution from childhood dreamer to world-class athlete that catapults him, over a span of two decades, through mind-expanding

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Featured Guest



Dan Millman

Dan Millman teaches "the peaceful warrior's way" in the United States and around the world. Author of eighteen books published in twenty-nine languages, Millman is a former world-champion athlete, university coach, martial arts instructor, and college professor. His bestseller Way of the Peaceful Warrior was adapted into a feature film starring Nick Nolte. Millman and his wife, Joy, live in Brooklyn, NY. www.PeacefulWarrior.com • Twitter: @pwdan • Facebook: <https://www.facebook.com/officialpeacefulwarrior/> • Instagram: danmillmanpw

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