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The Kathryn Zox Show Wednesday at 7 AM Pacific January 17th 2008:Balancing Acts

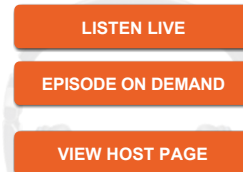
Join Kathryn and Nanette Gartrell MD Center of Excellence in Women's Health UC SF. "NO is a very simple word—two letters, one syllable. Yet many women have a hard time saying it without feeling anxious or guilty. In My Answer Is NO.... If That's Okay with You Dr.Gartrell takes a fresh look at why even the most powerful, accomplished, and successful women find it difficult to say NO and offers a revolutionary approach to setting limits without jeopardizing important relationships." She has appeared on PBS and CNN. Also joining Kathryn is VocationVacations founder Brian Kurth Test Drive Your Dre

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