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Authentic Living
Wednesday at 1 PM Pacific
August 4th 2010: What are we going to do about guilt?

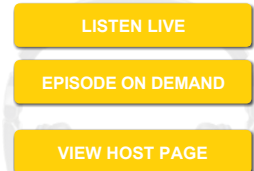
Joan Borysenko is back this week for the third time to talk with us about guilt, for guilt can be a major block to our resilience factor. Her latest book, "It's Not the End of the World: Developing Resilience in Times of Change" will be combined with one of her earlier books, "Guilt is the Teacher, Love is the Lesson" in an in-depth discussion of this devilish master craftsman of our lives. In the extreme, many of us live whole lifetimes driven by guilt and responsibility for other people's stuff. But most of us worry over guilt at least some of the time. It works us over and compels us at

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Featured Guest



Joan Borysenko

Joan Borysenko, Ph.D. is a Harvard Medical School trained cancer cell biologist, as well a licensed psychologist and New York Times bestselling author.

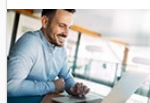
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