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HEALTH & WELLNESS



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August 17th 2011: Is Stress Ruining Your Life?

Find out how to stop stress from ruining your life! My guest this week is known as The Patch Adams of Psychology. Yes, I will be chatting with Dr. Jack Singer and he will inspire, energize and motivate you to not only lighten up in your workplace, but to positively impact your immune system so you can add life to your years and years to your lives! If you want to significantly reduce stress from your daily life tune in for Dr. Jack's stress busting tips... they will be life changing.



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Featured Guest



Jack Singer

Jack Singer holds a doctorate in Industrial/Organizational and a post-doctorate in Clinical and Sport Psychology. A sought after author and media guest, Jack appears frequently on MSNBC, CNN, FOX, ESPN and radio talk shows throughout the United States and Canada.

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