



### The Kathryn Zox Show Wednesday at 7 AM Pacific

**April 25th 2012: Manhattan's most media-friendly psychotherapist, Chatting vs. Cheating, and Responding to Stress**

Kathryn interviews psychotherapist Jonathan Alpert, author of "Be Fearless: Change Your Life in 28 Days". Called "Manhattan's most media-friendly psychotherapist", Alpert suggests that therapists are creating a vicious co-dependency with patients. In Be Fearless, Alpert introduces a five-step plan to leading a fulfilling life while reaching individual goals. Alpert has shared his expert advice on TODAY, Good Morning America, and CNN. Kathryn also interviews intimacy expert Dr. Sheri Meyers. In "Chatting or Cheating", Meyers takes readers struggling with infidelity through the process of d

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### Featured Guests

Guest Image

#### Christy Matta

"Christy Matta, MA, has worked in mental health for over twenty years as a clinician, trainer, and administrator, specializing in work with people who have emotion dysregulation and behavioral problems. She is trained in dialectical behavior therapy (DBT) and has provided training and clinical supervision to DBT programs, staff, and clinicians. She has presented nationally on the topic of DBT and participated in the clinical supervision of DBT residential programs. She lives in the greater Boston area."

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Guest Image

#### Sheri Meyers

Dr. Sheri Meyers, author of "Chatting or Cheating" is a licensed Marriage & Family Therapist in Los Angeles, CA. She is among the national media's most frequently quoted and interviewed relationship, infidelity and life transition experts. A regular contributor on broadcast network news (ABC, NBC, CBS, FOX), cable TV (Lifetime, CNN Headline News, E! Entertainment) and radio talk shows (KFWB, KNX, Playboy), Dr. Sheri's compassionate, practical, straight talk and easy-to-apply methods have inspired and helped thousands of men and women face and overcome their most complex and daunting life, relationship, and sexual challenges. For eleven seasons, Dr. Sheri's unique on-air style and approach t

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Guest Image

#### JONATHAN ALPERT

"JONATHAN ALPERT, a licensed psychotherapist and advice columnist, is one of the media's favorite sources of no-nonsense lifestyle advice, quotes, and commentary. The New York Observer has called him "Manhattan's most media-friendly psychotherapist" and "the media's go-to guy for psychoanalyzing the City." His popular weekly column in Metro newspapers, where he dishes out no-nonsense, results-oriented advice on relationships, sex, lifestyle, and career dilemmas, reaches more than a million readers weekly. Alpert has appeared on such nationally televised shows as TODAY, Good Morning America, CNN, FOX News, and NBC Nightly News, and is often quoted by Ladies' Home Journal, Details, Elle,

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