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**Waking Up in America**  
**Wednesday at 2 PM Pacific**  
**March 06th 2013: Birds, Lions and Hedren's Courage**

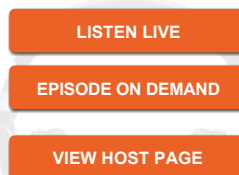
Join Doctor Val & Tippi Hedren as they discuss courage. "The Girl", a recent HBO movie about the 50 year anniversary of "The Birds", strongly demonstrates the power of her good parenting as her Lutheran, Norwegian parents unwittingly prepared her to survive her horrendous, though educational experience with Alfred Hitchcock in the making of "The Birds". In her words, "He ruined my career, not my life." She has directed her energies to Shambala (an preserve for big cats in Acton, California) and has done so for years. Ideas sent to Val@WakingupinAmerica.com will be selected for reading o

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