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[The Kathryn Zox Show](#)

The Kathryn Zox Show Wednesday at 7 AM Pacific

June 19th 2013: "Stress Pandemic" and "What Do Women Want?"

Kathryn interviews organic food pioneer and former CEO Paul Hujlich, author of "Stress Pandemic: 9 Natural Steps to Survive, Master Stress & Live Well". Hujlich was worth over \$100 million and was chairman and CEO of Best Corporation, an organic food company, when he had a complete mental breakdown-brought on by stress. Hujlich offers 9 natural steps for becoming aware of life stressors while minimizing their harmful effects. Hujlich has been featured in CNN, Psychology Today and Forbes.com. Kathryn also interviews Daniel Bergner, author of "What Do Women Want? Adventures in the Science of

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Featured Guests

Guest Image

Daniel Bergner

is a contributing writer for The New York Times Magazine and a critically-acclaimed author. His previous books include God of the Rodeo: The Quest for Redemption in Louisiana's Angola Prison, a New York Times Notable Book of the Year; In the Land of Magic Soldiers: A Story of White and Black in West Africa, a Los Angeles Times Best Book of the Year; and The Other Side of Desire: Four Journeys into the Far Realms of Lust and Longing. His writing has also appeared in Granta, Harper's, Mother Jones, Talk, The New York Times Book Review, and on the op-ed page of The New York Times.

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Guest Image

Paul Hujlich

Paul Hujlich was born in Auckland, New Zealand. An early pioneer of organic and natural foods, Paul, along with his brothers, founded Best Corporation in 1985. Paul, serving as Chairman and Joint-CEO guided Best Corporation to unparalleled success. The company was listed on the stock exchange in December 1991 and sold to a multinational food company in 1993. In 1998, Paul was diagnosed with Bipolar Disorder and experienced a full mental breakdown that year, losing his rights as a New Zealand citizen and being made a ward of the state. Informed that there was no cure, that he would eventually relapse, and that he would be dependent on medication for the rest of his life, he traveled to the w

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