



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 Huljich, author of "Stress Pandemic: 9 Natural Steps to Survive, Master Stress & Live Well". Huljich 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. Huljich offers 9 natural steps for becoming aware of life stressors while minimizing their harmful effects. Huljich 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

Daniel Bergner

Daniel Bergner is a contributing writer for the New York Times Magazine and the author of four books of nonfiction: What Do Women Want?, The Other Side of Desire, In the Land of Magic Soldiers, and God of the Rodeo. In the Land of Magic Soldiers received an Overseas Press Club Award for international reporting and a Lettre-Ulysses Award for the Art of Reportage and was named a Los Angeles Times Best Book of the Year. God of the Rodeo was a New York Times Notable Book of the Year. In addition to appearing in the New York Times Magazine, Mr. Bergner's writing has appeared in Granta, Harper's, Mother Jones, Talk, and the New York Times Book Review, and on the op-ed page of the New York Times.

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Paul Huljich

Paul Huljich 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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