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# REAL RECOGNITION RADIO

with Roy Saunderson & S. Max Brown every Tuesday at 1:00 et.



*The show that is all about building relationships, inspiring greatness and creating a workplace where people can thrive.*

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Do social comparisons limit us? On the next episode of Real Recognition Radio, Roy Saunderson and S. Max Brown speak with Dr. Barbara L. Fredrickson, the Kenan Distinguished Professor of Psychology and Principal Investigator of the Positive Emotions and Psychophysiology Lab at the University of North Carolina, and the author of Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become. How do social connections impact our health? Don't miss Rideau's next Real Recognition Radio program to learn what leaders should do today to make their workplace better.

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### Featured Guest



#### Dr. Barbara L. Fredrickson

Dr. Barbara L. Fredrickson is the Kenan Distinguished Professor of Psychology and Principal Investigator of the Positive Emotions and Psychophysiology Lab at the University of North Carolina, and the author of Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become. Barbara is a leading scholar within social psychology, affective science, and positive psychology. Her research centers on positive emotions and human flourishing and is supported by grants from the National Institute of Health. Her research and her teaching have been recognized with numerous honors, including, the 2000 American Psychological Association's Templeton Prize in Positive Psychology.

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