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**Authentic Living**  
**Wednesday at 1 PM Pacific**  
**November 26th 2014: Special Encore Presentation: What are we going to do about guilt?**

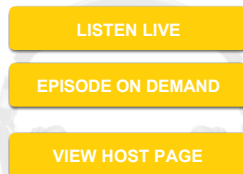
Joan Borysenko is back this week for the third time to talk with us about guilt, for guilt can be a major block to our resilience factor. Her latest book, "It's Not the End of the World: Developing Resilience in Times of Change" will be combined with one of her earlier books, "Guilt is the Teacher, Love is the Lesson" in an in-depth discussion of this devilish master craftsman of our lives. In the extreme, many of us live whole lifetimes driven by guilt and responsibility for other people's stuff. But most of us worry over guilt at least some of the time. It works us over and compels us at

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#### Featured Guest



#### Joan Borysenko

Joan Borysenko, Ph.D. is a Harvard Medical School trained cancer cell biologist, as well as a licensed psychologist and New York Times bestselling author. A pioneer in psychoneuroimmunology, mind-body medicine, and stress management, Joan is perhaps best known for her tender exploration of the human spirit—what kindles it and what snuffs it out. Her newest book *Fried: Why You Burn Out and How to Revive*—like her previous 14 books—focuses on creating a deeply meaningful, satisfying life whatever your circumstances may be.

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