



The Kathryn Zox Show
Wednesday at 7 AM Pacific
November 26th 2014: Soul Searching Through Nutrition & Working Your Bad Boss

Kathryn interviews nutritionist Talia Fuhrman, author of "Love Your Body: Eat Smart, Get Healthy, Find Your Ideal Weight, and Feel Beautiful Inside and Out". As the daughter of doctor and bestselling author Joel Fuhrman, Fuhrman still struggled with self-confidence and body image issues. Having found the tools to surmount those challenges, Fuhrman shares her journey and advice for how other young women can find their ideal weight, prevent disease, gain confidence and enjoy strong friendships. Kathryn also interviews psychologist Noelle C. Nelson PhD, author of "Got a Bad Boss? That Boss to

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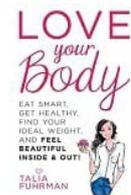
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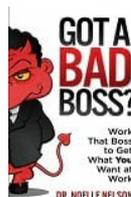
Featured Guests



Talia Fuhrman

Talia Fuhrman, Healthy Eating: Fun, Delicious, Easy Talia Fuhrman, daughter of author Joel Fuhrman M.D., has a degree in nutritional sciences from Cornell University. She is on a mission to help people understand that eating healthfully can be fun, delicious, and easy. A lover of cooking and journalism, she understands that disease prevention must be made tasty and easy for even the most newbie nutritarians and basic aspiring chefs. As a freelance nutrition journalist, she writes for Vegetarian Times and VegNews regularly and has her own blog www.taliafuhrman.com. She has written for numerous websites and magazines including

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Noelle C. Nelson, Ph.D.

Noelle C. Nelson, Ph.D. is an internationally respected psychologist, author and seminar leader. She believes that we can accomplish great things, whether in business, at work or at home, when we connect with the value in ourselves and in others. Dr. Nelson's work as a business trial consultant and psychologist requires the study and understanding of people--real people--not the theoretical customer or employee discussed at business schools. As a result, her approach to solving the issues facing businesses and workers today does not come from an MBA perspective but rather from the experience she has gleaned from her 25-plus years in the rigorous world of business litigation. Dr. Nels

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