



Patricia Raskin

POSITIVE LIVING SHOW

The Patricia Raskin Show
Monday at 11 AM Pacific
January 19th 2015:11am PT "Celadrin Tigerettes - Senior Olympic Gold Medalists"/11:30am PT "The Gift of Maybe"

Tune in when in the first half hour, Patricia interviews Mavis Albin, senior women's team captain of the Celadrin Tigerettes. In the second half hour, Patricia interviews Allison Carmen, author of "The Gift of Maybe: Finding Hope and Possibility in Uncertain Times."

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Featured Guests

Guest Image

Mavis Albin

Mavis Albin, senior women's team captain of the Celadrin Tigerettes. The six women (ages ranging from 67 to 77) have won seven Senior Olympic Gold Medals and have the most winningest record in the National Senior Games competition (an astonishing 206-6). The Florida International Senior Championships will qualify the Celadrin Tigerettes for the 2015 Senior National Games. The Celadrin Tigerettes have been featured on the Today show, ABC World News with Diane Sawyer and their captivating story of ability over age has been airing on PBS, nationwide as part of the Documentary Foundation's, award-winning film, "Age of Champions".

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Allison Carmen

Allison Carmen, author of The Gift of Maybe: Finding Hope and Possibility in Uncertain Times. Former attorney, Allison Carmen, was an addict, but her addiction wasn't to drugs, alcohol, or even gambling; her addiction was to certainty. Every moment, Allison desperately sought to know or predict what would happen next, trapping her in a spiral of anxiety, uncertainty and fear. Now, a life coach and business consultant, Carmen shares how embracing the concept of "Maybe" dramatically improved her life and outlook in The Gift of Maybe. Sharing her own stories as well as those of her clients, Carmen shows that by adopting the mindset of "maybe," we can reduce the stress and worry in our lives

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