



**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**February 04th 2015: The Family Dinner Table & Skip Resolutions, Make Changes**

Kathryn interviews Harvard Medical School professor Anne Fishel PhD, author of "Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids". If we could lower rates of obesity, break the cycle of alcoholism, and decrease the incidence of teen pregnancy, shouldn't we try it? Fishel shares hard numbers to prove that eating dinner as a family does all those things and more - it's good for the health, brain, and spirit of all family members. Kathryn also interviews Wall Street tech leader Caroline Arnold, author of "Small Move, Big Change: Using Microresolutio

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**Featured Guests**

**Anne Fishel, PhD**

Anne Fishel, Ph.D., a Harvard University Professor, founder of the Family Dinner Project, and author "Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids" has hard numbers to prove that eating dinner as a family does all those things and more — it's good for the health, brain, and spirit of all family members. Anne Fishel, a founding member of The Family Dinner Project team, is a family therapist, clinical psychologist and Associate Clinical Professor of Psychology at the Harvard Medical School. She is Director of the Family and Couples Therapy Program at Massachusetts General Hospital, where she trains child and adult psychiatry residents in fami

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**Caroline L. Arnold**

Caroline L. Arnold has been a technology leader on Wall Street for more than a decade, leading software development teams as large as five hundred technologists. She received the Wall Street and Technology Award for creating the Google IPO Auction platform and her name appears on several patents pending. She is a managing director at Goldman Sachs and lives in New York City with her family.

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