



The Kathryn Zox Show Wednesday at 7 AM Pacific

June 03rd 2015: Improving Relationships and The Power of Resiliency

Kathryn interviews Family Systems Institute founder and director Jenny Brown MSW, author of "Growing Yourself Up: How to Bring the Best to All of Life's Relationships". It's in our relationships that we can experience the very best of ourselves and the very worst. Brown teaches us that all of life's relationships are integral to increasing self-awareness and growing maturity – and it's not necessarily the comfortable ones that promote personal growth. Kathryn also interviews stress and resilience expert Eva Selhub MD, author of "Your Health Destiny: How to Unlock Your Natural Ability to Overcome Stress, Heal Emotional Wounds and Live Longer".

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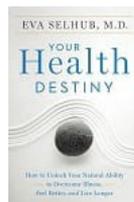
Featured Guests



Jenny Brown

Jenny Brown is the author of the book Growing Yourself Up (published 2012 in Australia, 2015 in the USA); that applies Murray Bowen's family systems theory to life and relationships with a personal and accessible style. She has a number of published articles and book chapters on aspects of family systems. Jenny is founder and director of The Family Systems Institute in Sydney, Australia, where she has a counselling practice and trains mental health professionals and organisations. She has trained and earned academic awards at the University of Sydney and Columbia University New York. Additionally, Jenny has completed many years of post-graduate education in systems approaches to counsel

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Eva Selhub, MD

Dr. Eva Selhub is an internationally recognized expert, physician, author, speaker and consultant in the fields of stress, resilience, mind-body medicine and working with the natural environment to achieve maximum health and wellbeing. Dr. Eva, as her clients call her, engages her clients and her audiences with her powerful energy, words of wisdom and scientific knowledge to be empowered to transform themselves, their health and their life for the better. Board Certified in Internal Medicine, Dr. Eva is on staff at Harvard Medical School and is a Clinical Associate of the world renowned Benson Henry Institute for Mind-Body Medicine at the Massachusetts General Hospital. Dr. Eva also works

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