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October 2nd 2015: Cynthia James with lessons in mindfulness and Bryan James offers some Youthful Daze

One of the buzziest terms lately is something called "mindfulness." Kroll Call's resident life coach Cynthia James makes a long overdue return to the show to help explain what mindfulness is. If you think mindfulness is too "new age" or that it will be too hard to find time in your day to practice mindfulness, Cynthia will also provide an on-air exercise to show how easy it is to incorporate mindfulness into any lifestyle. In the last two or three years, the number of independently produced digital series has skyrocketed. Bryan James (no relation to Cynthia that we know of) drops by to tal

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