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# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

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BE THE  
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YOU  
ARE!®

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**Express Yourself!**  
Sunday at 3 PM Pacific  
**March 1st 2016: The GIFT OF NOW!**

"Yesterday is history, tomorrow's a mystery, and today is a gift. That's why we call it "the present"! Hosts Asya Gonzalez and Caiseen Kelly focus on the now with an uplifting interview with author of A Short Path to Change, Jennifer Mannion, who found her passion when she healed herself from a chronic disease. The hosts also read the chapter, "The Gift of Now" by Davis Lunsford from Be the Star You Are!® for Teens emphasizing the importance of living in the present. Finally, our career reporter, Katie Choo, takes her Aim to Shoot segment to one of the top ten jobs of today, software analysis.

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### Featured Guest

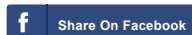


#### Jenny Mannion

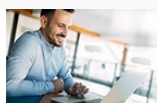
Spiritual teacher and intuitive healer Jenny Mannion found her passion in her own transformation in healing herself of several chronic diseases. She is a trained intuitive healer and conducts workshops and individual sessions to help others heal themselves and create the lives of their dreams. She lives in New York and can be found online at [JennyMannion.com](http://JennyMannion.com).

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