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May 26th 2016: Addiction - Drugs, Sex and More. Does Punishment Work? A Conversation with Kara Dansky

It's not just drugs. There are many kinds of addictions: alcohol, sex, gambling, shopping, food and more. And there are many kinds of punishment: from humiliation to incarceration. Sex addiction, for example, is heavily punished both by social humiliation and sometimes jail. People losing jobs, imprisonment for "deviant behavior," lives ruined. But let's get real! Addiction is rampant. Again, look at sex addiction: 20% of US men admit to accessing porn at work. 19% of all adults regularly surf for it. 47% of Christians said pornography is a major problem in the home. 10% of adults admit to int

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Featured Guest



Kara Dansky

Kara Dansky is the creator of Ending Racism: Meditation, Contemplation, Action –a unique course designed to help white people use meditation as a tool for dismantling racism. Dansky is the founder and Managing Director of One Thousand Arms, a change-making organization that works with white people to dismantle racism. She is a certified meditation instructor who has used meditation to examine her own racial conditioning. Previously, she was a Special Advisor at the Mayor's Office of Criminal Justice in New York, Senior Advisor at the Office for Civil Rights and Civil Liberties at the Department of Homeland Security, Senior Counsel at the ACLU, Executive Director at the Stanford Criminal Ju

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