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### Leading Conversations Friday at 10 AM Pacific

**October 07th 2016: The Original Wearable: Your Inner GPS**

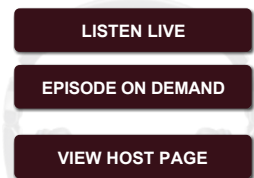
Cheryl Esposito welcomes Zen Cryar DeBrücke, author of Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction. Everyday a new tech gadget offers us the opportunity to learn about ourselves: our optimal state of physical, mental, and emotional well-being. Wearable technology telling me how I feel... Author Zen Cryar DeBrücke says: "You were born with a factory-installed guidance system. It is like the GPS in a car...your Internal Guidance System -IGS-. The guidance it gives you has many different purposes. The most important one is to get you from one e

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### Featured Guest



#### Zen Cryar DeBrücke

Zen Cryar DeBrücke, author of Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction. Everyday a new tech gadget offers us the opportunity to learn about ourselves: our optimal state of physical, mental, and emotional well-being. Wearable technology telling me how I feel... Author Zen Cryar DeBrücke says: "You were born with a factory-installed guidance system. It is like the GPS in a car...your Internal Guidance System (IGS). The guidance it gives you has many different purposes. The most important one is to get you from one end of your life to the other with as much joy, ease, and fulfillment as possible." You can retrain your mind to easily ac

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