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EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

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**Express Yourself!**  
**Sunday at 3 PM Pacific**  
**October 16th 2018: The Gift of PLAY!**

Work/life balance is the hot topic these days as so many working people burn out after years on a job they hate. What's the answer? More play time! Hosts Jack and Siri read chapters from two books in the Be the Star You Are! series penned by Cynthia Brian that will pump your energy and get you singing happy times. In Trends without Ends, Jack shows us studies on play that offer six skills that are built when we play. Joven chimes in suggesting that our favorite ways to "play" could be in sync with a potential career option. Surround yourself with playful individuals who tap into their inner clo

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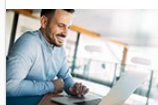
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