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The Kathryn Zox Show
Wednesday at 7 AM Pacific
November 13th 2019: Ep. 1: Holiday Mental Health and Ep. 2: Female CEOs

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Wednesday at 7 AM Pacific
Time on VoiceAmerica Variety Channel

Kathryn interviews Motivational Speaker James Sweigert, author of "If You Say So." 64% of people with mental illness report holidays make their conditions worse. Sweigert explains how to create healthy boundaries for ourselves this holiday season. He's a storyteller who was able to understand that how he was telling his own story and the power behind his words could shape his life. He's now teaching others through his work as a mentor, motivational speaker and "Life Cheerleader." Kathryn also interviews Business Journalist Diana Kapp MBA, author of "Girls Who Run the World: 31 CEOs Who Mean Bu

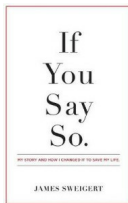
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Featured Guests



James Sweigert

James Sweigert is not only an author and motivational speaker, he's a successful executive producer and director for film and television. Over the past 25 years he has built, run, and sold several multimillion-dollar, award-winning production companies.

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Diana Kapp

Diana Kapp is a business journalist with an MBA from Stanford University. She has written about education and entrepreneurialism for media outlets such as the NY Times, WSJ, SF Chronicle, ELLE, O the Oprah Magazine, Outside.com, ESPN.com, and Marie Claire. She lives in San Francisco.

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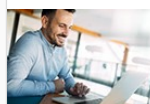
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