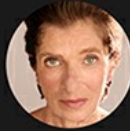


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## THE KATHRYN ZOX SHOW

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**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**January 13th 2016: Stressful Eating and**  
**Attracting Abundance**

Kathryn interviews healthy living strategist Lisa Lewtan, author of "Busy, Stressed, and Food Obsessed! Calm Down, Ditch Your Inner-Critic Bitch, and Finally Figure Out What Your Body Needs to Thrive". New research shows that stressful lifestyles result in a desire to eat. Lewtan has the answer: an honest exploration of your relationship with food. Lewtan is the founder of Healthy, Happy, and Hip and is featured in After 50, MindBodyGreen, and The Huffington Post.

Kathryn also interviews New York Times bestselling author Lisa Nichols on her book "Abundance Now: Amplify Your Life &

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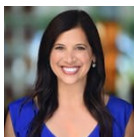
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### Featured Guests



#### Lisa Lewtan

Lisa Lewtan is a Mindset & Lifestyle Coach, the founder of Healthy, Happy, and Hip, an award-winning author of "Busy, Stressed, and Food Obsessed!", and a radio show host on HealthViewRadio.com.

[Read more](#)



#### Lisa Nichols

Lisa Nichols, best-selling author, speaker, humanitarian, & corporate CEO whose global platform Motivating the Masses, Inc, has reached & served nearly 30 million people.

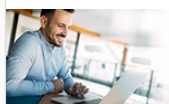
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