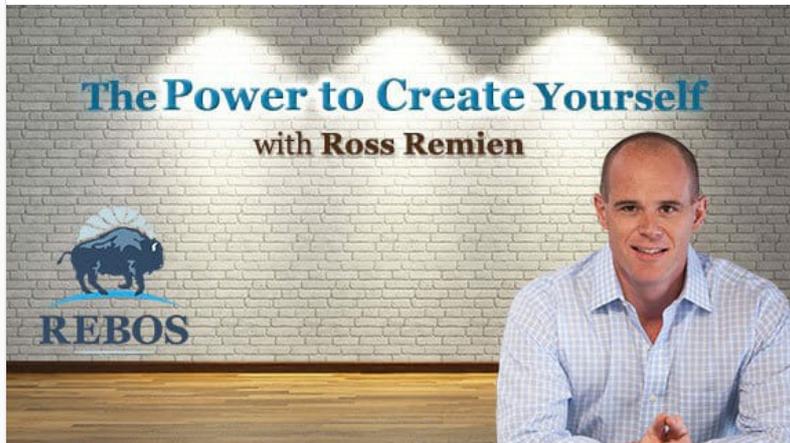


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HEALTH & WELLNESS



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**November 29th 2016: The Truth About Stress**

Stress impacts all of our lives, but do we really understand the effect it takes on us mentally, physically and emotionally? This week Ross is joined by Dr. Arthur Ciaramicoli, author of *The Stress Solution*, to break it all down for us. Dr. Ciaramicoli will discuss the importance of differentiating between sympathy and empathy, and how empathy can actually reduce our stress levels. He and Ross also examine how stress impacts addiction treatment and the sneaky ways stress interferes with self care. For anyone looking to improve their quality of life for any reason, this episode is definitel

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### Featured Guest



#### Dr. Arthur P. Ciaramicoli

Arthur P. Ciaramicoli, Ed.D., Ph.D., is a licensed clinical psychologist who has been treating clients for more than 35 years. He is a member of the American Psychological Association and the Massachusetts Psychological Association.

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