

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



EXPRESS YOURSELF!™

where teens talk and the world listens

Teen Radio

www.ExpressYourselfTeenRadio.com

BE THE
STAR
YOU
ARE!®

www.btsya.com

Express Yourself!
Sunday at 3 PM Pacific
April 4th 2017: The Gift of Emotions

Asya Gonzalez and Maria Wong host a lively discussion about our relationship with emotions. Technology has falsely convinced us that we are developing communication through apps, smartphones, and social media, when in fact to really express an emotion, face to face contact is necessary. Yoga instructor and competitive gymnastics coach, Catie Jarvis, joins the discussion with her first novel, The Peacock Room. The Peacock Room tells the coming of age story of Jonis and Lizzy: a young man with a mysterious medical condition that causes one leg to grow far too long, and the frustrated musical sav

[Read more](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

Sunday at 3 PM Pacific Time
on VoiceAmerica
Empowerment Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

Featured Guest



Catie Jarvis

Catie Jarvis is an author of fiction, as well as a yoga instructor, a competitive gymnastics coach, and an online writing instructor.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG