



## Episode Synopses for April 2024

Feed Date	Episode #	Synopsis
04.04.24	#PA-205	Host Ernie Anastos talks with people about bullying; Erika Katz, celebrated author and parenting coach offers expert advice to parents about how to handle the challenges of kids playing school sports. Dr. Michael Woodward, professional life coach and author helps viewers with the new ways to navigate the art of conversation.
04.11.24	#PA-206	Host Ernie Anastos talks with people about living the life they want to live; Laura Begley Bloom, travel magazine writer with great ideas on how to teach kids about different cultures and diversity from family travels. Gary Sinise, award winning actor, who played Lt. Dan Taylor in the hit movie Forrest Gump, shares his lifetime commitment helping military personnel and organizations worldwide.
04.18.24	#PA-207	Host Ernie Anastos talks with people about how to communicate; Midge Leavy, children's book author and pre-school owner, helps parents with helpful advice on how to handle sensitive issues involving kids watching today's TV news. Bob Woodruff, famous TV journalist seriously injured in Iraqi bomb blast, talks about his life changing experience to now help thousands of veterans and their families.
04.25.24	#PA-208	Host Ernie Anastos talks with people about artificial intelligence; Lu Hanessian, international educator, popular author and journalist, on how to build on the science of resilience with good role models, optimism and staying positive in the face of chaos. Mark Spoonauer, global editor in-chief of Tom's Guide and tech expert reviews newest ways to use iPhones for messaging and photos.
05.02.24	#PA-209	Host Ernie Anastos talks with people about self-driving cars; Dr. Logan Levkoff, noted relationships expert and author, highlights the best ways to nurture our relationships and make good decisions. Carol Alt, supermodel, social media star and entrepreneur talks about what America needs now to make life happier and more satisfying.