



**Rise 'n Shine! Not Just for Mornings Anymore.**  
**Tuesday at 12 Noon Pacific**

Our program helps create a world that works for everyone by focusing on how to rise and shine as individuals each day. We strive to remember that there are no small acts, and all choices have ripple effects. To create lasting happiness, healthy families and a thriving planet, we must challenge pre-conceived thoughts, beliefs and habits, while cultivating deeper gratitude.

Throughout the show, we talk with authors, musicians and innovators. Some guests may remind you of things that you already know but appreciate hearing again. Others may stretch the limits of what you now consider rea

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