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**Dr. Carole's Couch**  
**Tuesday at 1 PM Pacific**  
**December 14th 2010: Shift Happens over the Holidays**

Holiday stress wreaks havoc with our lives. Dr. Carole, author of *Bad Girls*, helps men and women avoid giving in to holiday loneliness and becoming entrapped in bad relationships. James Feldman, author of the upcoming book *Shift Happens* helps listeners have a more positive attitude towards the economic challenges of the day.

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