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**December 19th 2013: A "Merry Christmas" Chat**

We're at the week before Christmas now and a lot of things are "stirring all through the house" that we need to talk about. Let's talk about expectations, being lonely in the midst of all those people, how to deal with stress and disappointment and overindulgence. (Yikes. Not THAT again). You, know, those things that sometimes emerge in the "joy of the holidays." This will be a "let down your hair" kind of show. Call in if you wish. I'd love to talk to you.

**Tune in**

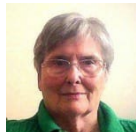
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**Featured Guest**



**Irene Conlan**

Irene Conlan has a master's degree in nursing and a Ph.D. in Metaphysics. She taught nursing at Arizona State University, served as Director of Nursing Administration at St. Luke's Hospital and Medical Center in Phoenix and served as Assistant Director of the Arizona Department of Health Services.

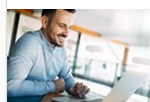
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