

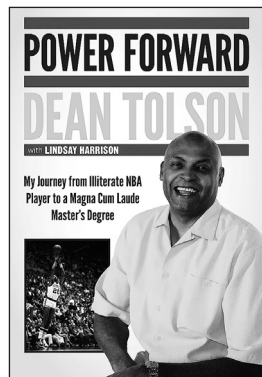
## Radio-TV Interview Report

The newsletter to read for guests and show ideas

### 1.2 Million Kids Drop Out of School Each Year Could This Former NBA Player's Advice Stop Them?

The rate of school dropouts has increased alarmingly, especially after the pandemic. More than 7,000 U.S. kids leave the education system every day — that's one child every 26 seconds! — which places them at high risk for drug addiction, prison, or worse.

Former NBA champion **Dean Tolson** is on a mission to stop this national crisis. His powerful personal story has already inspired thousands of kids across the country to stay in school. The author of *Power Forward: The Dean Tolson Story*, Dean has decades of public speaking experience and has appeared on KING5 TV, *The Grio*, and in *Sports Illustrated*.



Interview this passionate, inspirational guest to hear:

- Dean's incredible journey from illiterate NBA player to graduating magna cum laude with a master's degree, and how he was drafted for the Seattle SuperSonics by Hall of Famer Bill Russell.
- How the COVID pandemic exacerbated America's already bad educational system.
- The shocking, controversial actions that took place during his recruitment, why he never should have played in college or for the NBA, and much more!

**SAMPLE QUESTIONS:** What was it like meeting Wilt Chamberlain? What was your favorite part of the world to visit while traveling as an international basketball player after the NBA? How can today's busy, distracted parents inspire their kids to stay in school?

**CONTACT:** Dean Tolson at (235) 884-8934; dtolson@rtirguests.com

### 'I Was Nearly Killed by the Taliban for Defending Women's Rights'

Very few people have lived to tell the tale of receiving death threats from the Taliban and having them show up on their doorstep here in America. But **Masuda Rahmati** has done that and would do it again in her quest to raise awareness about the crimes against humanity committed by the Islamic fundamentalist group against girls and women in Afghanistan, where females can be killed for wearing open-toed shoes or nail polish, and not allowed to go to school, be in business or have a future.



Massie, as she prefers to be called, drew the Taliban's ire in 2005 when she became the first woman to represent Afghanistan in the Mrs. World International Beauty Competition, a bold action her family begged her not to take. Since then Massie has been a "voice for the voiceless."

Her upcoming book is tentatively titled *Almost Killed by the Taliban: How I Stood Up for the Women and Girls of Afghanistan*. Born in Kabul, she came to the U.S. with her family as a teenager in 1982. A media veteran, she has been interviewed by the international media and recognized by Congress.

**CONTACT:** Masuda Rahmati at (831) 298-8335; mrahmati@rtirguests.com

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# Why Do So Many People Love Popeyes?

In 2019, the popularity of Popeyes fast food restaurants exploded with the introduction of a new sandwich. However, food isn't the only reason Americans continue to patronize the chicken chain in droves. The company's leadership model had a huge hand in Popeyes expansion across the country as well as their continued success.

**Susan Anderson** talks turkey—er, chicken on the power behind Popeyes skyrocketing popularity, along with other companies that use servant leadership to put their employees first. An author and certified business coach with years of experience transforming companies, Susan reveals how businesses like Popeyes, The Four Seasons, Zappo's, Costco, and many more realize incredible profits, retention, and more by prioritizing staff.



## SAMPLE QUESTIONS:

- How did Popeyes CEO Cheryl Bachelder turn a struggling restaurant chain into a success story through servant leadership?
- Why do businesses choose top-down leadership when the opposite is proven to work?
- How can servant leadership deliver the kind of workplace experiences Gen Z and millennials are looking for today?

## CONTACT:

Susan Anderson at  
(678) 999-8143;  
sanderson@rtirguests.com

## Can You Really Think Yourself Healthy?

We have proof that a mind-body connection exists and your habitual thoughts and emotions can impact your physical health, but how much does “thinking yourself healthy” actually help you? **Stan Munslow** reveals the true power of positive thinking with real-life examples of how music, laughter, nutrition, and more can provide extraordinary healing.

Stan helped his father beat 30% survival odds and fully recover from Stage 4 lymphoma. Now, after building a track record of similar successes, he shares his methods for improved health and faster recovery from surgery, chronic conditions, or serious illness with your audience.

**Discover 12 powerful, proven ways to truly reclaim your health when you interview Stan.**

**SAMPLE QUESTIONS:** How can listening to music improve medical outcomes across the board? Why do our expectations drive almost every aspect of our healing and recovery? What makes your book *Get Weller Sooner* unique?

**CONTACT:** Stan Munslow at (401) 337-7436;  
smunslow@rtirguests.com

## How to End the Epidemic of Low Self-Esteem in Kids

Social media. Bullying. The long isolation of the pandemic. Gender confusion. Today's kids have more stressors than at any other time in modern history. “When I speak to fellow counselors and parents, they say that anxiety and depression among young people are off the charts,” says author, former teacher, and counselor **Patricia Wilson**. “I have an understanding of what children need: a sense of self-worth, how to cooperate with others and an appreciation of the gift of life.”

Patricia has taught children from grades K-12 and counseled kids for more than 30 years. She is the author of numerous best-selling books including *My Magical Night Mare*, *I Am Amazing* and *When Grandma Giggled*.

**SAMPLE QUESTIONS:** How can parents help kids who are suffering from depression? What are some ways to protect kids from bullying, peer pressure and the dangers of social media?

**CONTACT:** Patricia Wilson at (778) 561-4603;  
pwilson@rtirguests.com

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### From 'Dumb Jock' to Ivy League Success Guru

Former Ivy League scholar and pro football player **John Nicholas** had no plan for success at 16, when he crashed into a house during a Halloween night car chase with police. But then he discovered keys that launched him toward academic and athletic success and toward building sports media and real estate companies worth millions. He credits something he calls "Personal Convergence," a dynamic force similar to nuclear fusion, that has fueled high-impact people throughout history and can help us target and direct our lives today.

John's upcoming book, *Hit Your Bullseye!*, shares how you can harness this power to achieve your ultimate life, career, business, or calling. John has appeared on ABC News, CBS News, syndicated radio, and numerous podcasts. He also wrote the popular book, *Debt-Free ASAP!*

**SAMPLE QUESTIONS:** What exactly is "Personal Convergence," and how does it work? How did you discover this, and how may people use this to enhance their lives?

**CONTACT:** John Nicholas at (214) 225-9991;  
Jnicholas@rtirguests.com



## Are Your Listeners Guilty of Using Weaponized Language?

Could changing the language Americans use to describe each other lead to greater empathy and problem-solving? That's the provocative question **Michael M. Starr** wants to debate on your program. Mike wishes to raise people's awareness of the words they use and hear so they become bloodhounds alerted to the dog-whistle language that divides us.

For example, he'll talk about words like libtard, mean, stupid, anti-vaxxer, and white privilege and their role in weaponizing language, and how to replace them with wise, empathetic words. He says, "If we are not vigilant with language use and understanding, we can be deceived to believe exaggerated slanderous views of others. These views divide, disempower, and distract us from healthy relationships. They facilitate self-righteousness and become the antithesis of empathy."



Mike is the author of *Journey Into Peace*. His life experiences include summiting Mount Kilimanjaro, driving a nuclear submarine, and managing a \$100 million-a-year manufacturing business.

**SAMPLE QUESTIONS:** What does ROT stand for and what is its significance? What is a self-exorcism and why might people need one? How can individuals have more good and less bad in their lives?

**CONTACT:** Mike Starr at (501) 585-1302; michaelstarr222@yahoo.com

### WOMEN'S ANGER: How to Avoid Being Called an Angry Bitch

Men who are assertive are considered strong, while equally bold women are often perceived as nasty shrews. "Because of this perception, women in our society tend to repress their anger," says psychologist and author **Dr. Karyne Wilner**. "However, this can lead to severe mental and physical health issues, because anger can get trapped in our psyches." Karyne can share simple yet powerful mind/body techniques designed to enable women to process anger in positive, healthy ways.

She is the author of the upcoming book *Releasing Toxic Anger for Women: Body-Based Practices to Transform Negative Thoughts, Soothe Stress, and Stay True to Yourself*. She is a faculty member at Salve Regina University in Newport, R.I., and is a leader in the field of mind/body health.

**SAMPLE QUESTIONS:** Why does society discourage women from expressing anger? How can women express anger without being seen as "unladylike," or in a negative light?

**CONTACT:** Dr. Karyne Wilner at (401) 305-2278; kwilner@rtirguests.com

### 5 Ways to Experience More Joy and Confidence

For most people, life is not a series of successes. Anxiety, stress, fear, and self-doubt hold us back, and we spend our days extinguishing the fires of the past rather than looking toward the potential of the future. Is it possible to escape the day-to-day rut and truly live a happy life now, rather than working endlessly toward it?

Psychologist and award-winning author **Melody Krafft** shows your audience how to bring more joy and confidence into your life, starting today. Learn how to extinguish doubt, hone your intuition, and rid your life of everyday stress when you interview this life-changing expert. An experienced media guest, Melody is the author of *Get Me Out of Here! What's Beyond This Madness*.

**SAMPLE QUESTIONS:** Why is our life purpose not what we think? What are the three types of "vampires" who can suck the life out of us (and how do we avoid them)? How can we experience increased joy today?

**CONTACT:** Melody Krafft at (703) 951-4735; mkrafft@rtirguests.com

# The One Thing to Do Every Day to Reach Your Goals

The main reason why most people don't attain their goals is because they often bite off more than they can chew, and get frustrated when they fall short. "That's because most people focus on a lofty goal instead of their progress," says **Gerald J. Leonard**, a successful CEO, author, project management expert and professional musician.

He can share how to change your mindset in order achieve maximum success. Gerald is the author of *A Symphony of Choices: How Mentorship Taught a Manager Decision-Making, Project Management, and Workplace Engagement — and Saved a Concert Season*.



*"Don't go for large, lofty goals. Instead, take an inventory of bite-sized milestones, commit to them and celebrate the small-scale wins."*

## SAMPLE QUESTIONS:

- What small things can people do to attain their goals?
- How can we focus on the positive as opposed to all of the things that can go wrong?

**CONTACT:** Gerald J. Leonard at (443) 703-2929; gleonard@rtirguests.com

## How to Overcome Polarization and Divisiveness

The modern world seems to be a bubbling cauldron of out-of-control chaos, wars and hate. But according to author **Sara Ting**, there is hope. "Most people harbor unconscious biases, which is the root cause of societal divisiveness," she says. "I have a tool that can help people become more self-aware of all of their unconscious biases and any future ones humans will create. It's a poem called *The Sun Poem*, and it only takes 15 seconds or less to read."

Sara is a diversity and inclusion educator, speaker, consultant and author of *Small Book with a Big Idea: 5 Minute Training to Empower You and Transform the World*.

## SAMPLE QUESTIONS:

- How exactly does your poem work to alleviate hate and divisiveness?
- Why is the modern world so chaotic, and how can we as individuals overcome this?

**CONTACT:** Sara Ting at (508) 715-3370; Sting@rtirguests.com

## 5 Habits That Can Give You 10 More Years Free of Chronic Disease

It's not as hard as we think to stay healthy and free of the scary chronic diseases that shorten our lives. Popular myths about our bodies, our weak-willed and lazy tendencies, and the effects of aging need to be shattered by solid science.

**Randy Rolfe** is the best-selling author of nine books on nutrition, parenting, and family life. She and her husband have followed and taught others for 50 years a health-building diet based on real foods as they come from nature and are easy to access and prepare.

She can show your audience how to end the confusion and controversy between vegan versus carnivore, paleo versus grain-based, counting calories versus counting carbs, workouts versus restricting food intake, unsaturated fats versus saturated fats, and organic versus conventional, and instead focus on the real conflict between life-sustaining food versus nonfood. She can help them regain control of their diet, their weight, and their health.

**CONTACT:** Randy Rolfe at (484) 459-2352; randyrolfe@randyrolfe.com

## What You Can Learn from Taylor Swift and Warren Buffett

Taylor Swift and Warren Buffett are very different people. However, both are icons with advice your listeners can use to live happier, more fulfilling lives.

Interview **Detri McGhee** to learn ways you can strive to be more like Swift or Buffett without having to be a Swiftie or making a single terrific financial investment.

Detri (say DE' trah), is an emotional intelligence expert who says both Swift and Buffett recognize that EI (emotional intelligence) is more important than AI (artificial intelligence).

Detri is the author of the upcoming book *Criticism Management: The C-A-T That Tames the Dragon*. She is the president of Entrepreneurial Training and Marketing, LLC, a company that offers workshops and seminars on criticism management.

**SAMPLE QUESTIONS:** What surprising thing did Buffett say represents one's best investment? What have Swifties been told to never do? Why should one pay attention to criticism offered by an enemy?

**CONTACT:** Detri McGhee at (870) 407-7923; [dmcghee@rtirguests.com](mailto:dmcghee@rtirguests.com)



## Can This Guest Bridge the Gap Between Trump Lovers and Haters?

When Donald Trump first ran for president, **Phil Brattain** was mystified by his appeal. And like other Californians, he was dismissive of Trump's abilities. Not anymore.

Brattain is an expert on learning to love one's worst enemies—which may include Trump—and learning to appreciate his opponents through his advocacy work where he often found himself on the losing side.

He can share how he came to change his mind about Trump and what audience members can do to reconcile their issues with others in their lives with whom they have contentious relationships.

Phil Brattain is the author of *Waging Love: How to Transform Our World One Heart at a Time*. He has spent decades in international business development.

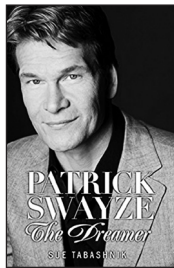
### SAMPLE QUESTIONS:

- What timeless secrets can you share that can bring us back together as a nation?
- How did you come to believe that Trump was the perfect man to deal with North Korea?

**CONTACT:** Phil Brattain at (650) 218-8136; [philbrattain@gmail.com](mailto:philbrattain@gmail.com)

## Why Patrick Swayze's Legacy Is Still So Powerful

Patrick Swayze left us in 2009, too soon, yet his wise words and zest for living are as applicable as ever particularly in the new year. For example, Patrick said: "We kind of get ruined in the Western way of thinking that the brass ring is what's important when it's very simple things in life that are important — like hanging on to faith and hope. ... I hope our standards, our levels of integrity and morality and passion and beliefs upgrade themselves soon."



**Sue Tabashnik** can talk about Patrick's universal take on the world and core values that would be of comfort to all in 2024 and his many movies and performances that still touch us deeply. Throughout his life, Patrick never gave up when facing adversity. He was a romantic and an advocate for dance, conservation, and advances in cancer treatment. Sue is the author of four books about Patrick Swayze — including *Patrick Swayze: The Dreamer*, met him several times, and as a result, her life was forever changed.

**CONTACT:** Sue Tabashnik at (248) 617-0505; stabashnik@rtirguests.com

## Interview the DJ Who Worked with Dr. Dre, Snoop Dog and Joe Jackson

While growing up on the mean streets of Compton, Calif., **Damon Grayson** could have become just another sad statistic. But thanks to his love of music, combined with his irrepressible can-do spirit, he managed to become a successful DJ known as DMG, who worked with such superstars as Dr. Dre, Snoop Dog, Joe Jackson and many others. "Not only was music a form of therapy for me, the self-confidence of those who rose up from my same background to become highly successful was a great inspiration to me," he says.

Damon is an entrepreneur, relationship counselor, single dad to three boys and author of the inspirational book for women, *When His Ways Meet Yours: When You Love You He Will Follow Suit*.

**SAMPLE QUESTIONS:** How did you get to work with so many famous music artists, and what were they really like? What did you learn from them about music, and life in general?

**CONTACT:** Damon Grayson at (760) 490-0656; dgrayson@rtirguests.com

## What to Do When You Suffer a Setback

We all have goals, from smaller things like planning a vacation to big ideas like finding a dream job or getting the promotion you've always wanted. And we all suffer setbacks on the road to those goals. It can be hard to pick yourself up after your path is interrupted — especially with a major, life-disrupting issue.

**Frank DiMaio** is here to help you continue forward, whether you're facing a temporary bad patch or a serious hardship like divorce, layoffs, or even the loss of a loved one. After losing his wife to breast cancer, Frank developed a method for dealing with grief so you can face life's biggest challenges with positivity and progress.

**SAMPLE QUESTIONS:** Why do we avoid dealing with grief as an effect of any life-altering event, even those that don't involve death? What is the best way to embrace the negative in order to find the positive? How can we move forward after a chaotic life event?

**CONTACT:** Frank DiMaio at (401) 205-3325; fdimaio@rtirguests.com

## How You Can Achieve What the Top 1% Does

If you want to live the best years of your life starting now and suffer fewer disappointments, you need to start setting good goals. "Setting goals makes us better," says **Winifred Bragg**, a medical doctor, and author of *Dreams Without Goals Are Nightmares*, "and people deserve to have good things in their lives."

Dr. Bragg can share how to get started by using **TheBraggFactor**®, her five-step system for goal achievement in all areas of life. A nationally recognized speaker, she has appeared in numerous TV and print media and has been featured on ABC, NBC, CBS, and FOX. She has been quoted as an expert in *Redbook*, *Women's World*, and *Self* magazine.

**SAMPLE QUESTIONS:** What are the four most important questions to ask yourself about setting goals? How can you create habits that make it easier to reach your goals?

**CONTACT:** Winifred Bragg at (757) 434-7425; drbragg@thebraggfactor.com



# Have Americans Lost the Habit of Hope?

With all the political turmoil and negative news Americans are subjected to it's easy to see why some of us have lost the habit of hope. But like any healthy habit, it can be refreshed, rebooted, or acquired for the first time. Expert **Edie Summers** is making it her mission to teach people how to be more hopeful and shift their mindset to focus on what they can control.

She is the author of *The Memory of Health*, a mind-body fitness instructor, a former executive, and the creator of the My Daily Well app. She has been featured in *Entrepreneur* and many podcasts.

## SAMPLE QUESTIONS:

- How can we develop a habit of hope?
- How can focusing on small things to be grateful for reinforce that habit?
- What mindset shift do we need to make?

**CONTACT:** Edie Summers at (503) 487-0058;  
esummers@rtirguests.com



## The Top 3 Health Screenings That Could Save Your Life

Many Americans wait until they get sick to focus on their health. According to long-time nurse **Allen Daugherty**, we have it backward. "The problem in our society is a lack of emphasis on preventative care," he says. "People need to get routine screenings at various stages of their lives, as opposed to waiting until a problem occurs."

Allen has worked in the medical field for almost 50 years, first as a U.S. Air Force medic then as an RN and certified dialysis nurse. He is the author of *An Ounce of Prevention is Worth More Than You Can Imagine*.

## SAMPLE QUESTIONS:

- What are the top screenings people should get before they get sick?
- How can Americans get out of the obesity and sedentary lifestyle rut?

**CONTACT:** Allen Daugherty at (540) 712-8704;  
adaugherty@rtirguests.com

## Reincarnation: Will You See Your Loved One Again?

Have you ever dreamed about a lost loved one? Or felt the presence of those who have passed on, and experienced other seemingly inexplicable messages from the dearly departed? While it's common to chalk this up to mere non-sense, psychic medium and author **June Edward** claims that this is not our imagination playing tricks on us. "You can't see the air you breathe, but it's there," she says. "It's the same with souls that have passed on. They are standing right next to you!"

She is the author of *All's Fair in Love & Karma, 5 Steps to Relationship Mastery*, which has been endorsed by best-selling author John Gray.

## SAMPLE QUESTIONS:

- How can we tell if a deceased love one is trying to communicate with us?
- What really happens after we die?

**CONTACT:** June Edward at (508) 544-0189;  
jedward@rtirguests.com

# What's Behind the Shocking Increase in Teenage Depression?

Teen depression and suicide have dramatically increased during the past decade. “There are multiple causes including isolation, school stress, social media, bullying, and many others,” says best-selling author **Scott Kolbaba M.D.** “This was made worse by the pandemic.” Scott claims that enabling young people to focus on finding a purpose in life and pursuing their passions is just what the doctor ordered.

An internal medicine physician who graduated from the University of Illinois College of Medicine, he is the author of the award-winning children's book *Clara's Magic Garden*. He completed his residency at the Mayo Clinic in Rochester, Minn., and appeared in *Chicago Magazine* as a “Top Doctor.”

## SAMPLE QUESTIONS:

- What are the warning signs of suicidal ideations in teens?
- What can parents do to enable their kids to discover and pursue their passions?

**CONTACT:** Dr. Scott Kolbaba at (630) 656-9507;  
skolbaba@rtirguests.com



## Is the Placebo Effect Real? Why Don't More Doctors Use It?

The power of the placebo effect — medication or treatment that has no effect save for the patient's belief that it works — has been documented as successful in 30% to 60% of patients suffering from a wide range of symptoms.

**Dr. Dinesh Verma** reveals why modern medicine usually ignores the placebo effect and makes the case for why more physicians should integrate this and other under-used alternative therapies with modern health-care methods for incredible results. A medical doctor with 45 years in practice and 18 years of integrative medicine research and experience, Dr. Verma's latest book is *From Dreams to Genes*.

**SAMPLE QUESTIONS:** Why does the placebo effect work so well? How did your mother miraculously recover from late-stage breast cancer? How can patients feel better, heal faster, and even save money on medical expenses?

**CONTACT:** Dinesh Verma at (248) 817-8296;  
dverma@rtirguests.com

## This Expert Shares Which Charities Are Worth Donating to (and Which to Avoid)

Many people are quick to donate to charitable causes, especially following natural disasters. But according to author and nonprofit expert **Michele Whetzel**, “It's better to think with your head as opposed to your heart before turning over your hard-earned cash. Do your research first!” She can share what to look for in truly worthy charities, as well as tips for starting your own nonprofit.

Michele is a veteran of the nonprofit arena, founder of Your 501 Guide consulting and author of the book *So, You Want to Start a Nonprofit, Now What?*

## SAMPLE QUESTIONS:

- What are some examples of good charities?
- What are some red flags to watch for?
- What are some tips for starting your own nonprofit?

**CONTACT:** Michele Whetzel at (302) 407-0513;  
Mwhetzel@rtirguests.com

# Out-of-This-World Stories of What Really Happens Under Hypnosis

Everyday people are discovering unseen worlds with guidance from **Kryste Andrews**, a licensed, experienced hypnotherapist. While relaxing into the hypnotic state of consciousness called theta, some of Kryste's clients have interacted with life on other planets. Other ordinary people observed intimate moments from true-life stories in the ancient past about which archaeologists can only dream.

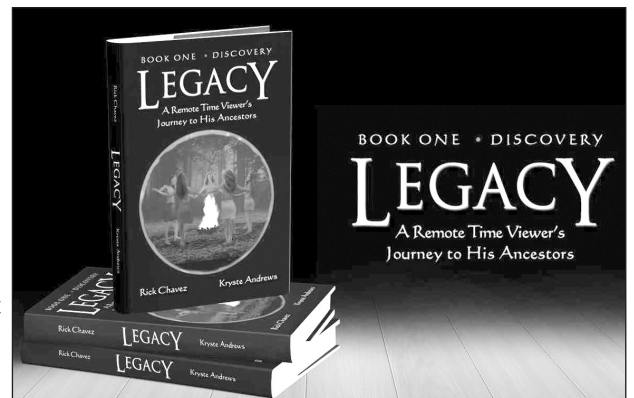
A lifelong musician and a Certified Hypnotherapist since 1994, Kryste can talk about:

- The time-traveling client who remotely viewed ancient people he believes to be his ancestors who lived 25,000 years ago.
- A woman's trip to Mars where she encountered a civilization living beneath the planet's surface.
- Two female clients who communicated under hypnosis with loved ones who had recently passed away.
- Clients who "beamed up" to a spaceship during sessions and reported details about what goes on there.
- Why she says that, during theta, average people become excavators, historians and social scientists.



Kryste's book, *Discovery*, Book One of the *LEGACY* series, chronicles the true stories of an ancient tribe trekking over mountain ranges, migrating to what is now southern France. Three generations were viewed by her co-author while he time traveled under hypnosis.

Her upcoming book, *31 Conversations With An Alien*, is based on a recent client's extraordinary life and reveals the living room chats between Kryste and an extraterrestrial named Fred. Taken word-for-word from recordings, the book shares what Fred had to say about such subjects as abductions, DNA experiments and extraterrestrials guiding the future of planet Earth, to name a few.



**SAMPLE QUESTIONS:** How does hypnotherapy work? What is the theta state? How does someone know that aliens abducted them? What is the strangest story you have ever heard from a client under hypnosis? How has your understanding of the world changed as a result of working with clients in the theta state?

**CONTACT:** Kryste Andrews at (201) 801-4551; [Kandrews@rtirguests.com](mailto:Kandrews@rtirguests.com)

## Why God Is the Ultimate Personal Trainer

If you want to lose weight, get in better shape and eat healthier you might think you need the services of a personal trainer and dietician or at least a gym membership. But **Laura Pickett** says that isn't true. In fact, she'll say that the world's best personal trainer is yours for the asking; all you have to do is seek Him out.

Laura, who has taken off 70 pounds and kept them off, will tell you that she accomplished that goal after she discovered that she needed to stop eating processed foods, sugar and bread, for example, when she allowed God to be her personal trainer.

Invite Laura on the air to explain the role faith can play in significant weight loss and health reboots. Don't forget to ask her about what happened when she asked God to knock the pie off her plate if He didn't want her to eat it.

Laura Pickett is the author of *Get Over Weight (12 Steps to Finally Win the Weight Battle and Win at Life)* and the creator of a coaching and mentoring program on the topic. She has spent more than 30 years in the ministry and made multiple appearances on TBN's national and local network (in Atlanta), and WATV.



**CONTACT:** Laura Pickett at (404) 856-5781; lpickett@rtirguests.com

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## Psychiatrist Reveals Why 6 in 10 Americans Say Life Has Gotten Worse

Is the American dream dying? The world has seen massive changes over the past few years, and it's getting harder to enjoy our lives from day to day, let alone achieve our life goals.

In fact, CNN reports that American happiness has hit record lows, with more than 60% agreeing that life is worse — especially since the start of the pandemic.

**Dr. Shila Patel, M.D.** (pronounced Sheila) reveals the reasons behind this historic decline in happiness. A retired licensed psychiatrist who was in practice for more than 25 years and the author of three books, she offers a passionate perspective on why depression and anxiety are flourishing and what we can do to help ourselves and our loved ones rediscover what makes life worth living.

**CONTACT:** Shila Patel at (229) 586-6190; spatel@rtirguests.com

### SAMPLE QUESTIONS:

- How can we overcome the stigma surrounding mental health and take the steps we need to heal?
- Why is the suicide rate in the U.S. climbing?
- What is the No. 1 killer of children and teenagers in America, and how can we stop it?



## Prolific Author Reveals Why We Love Thrillers (and How to Experience More Thrills Ourselves)

Books like *Gone Girl* and *Fool Me Once* and their film adaptations cause us to experience physical reactions, quickening our pulse as each new twist and turn has us trying to figure out who the bad guy is and where the plot is going.

So why do we love thrillers, especially psychological ones? For the answer, interview **Sonya Bateman** who has three new thrillers that were published by Joffe Books in January.

Sonya will say that experiencing a good thriller provides us with dopamine — the feel-good chemical that boosts our mood when we try new experiences. Sonya can also share five ways to bring more thrills into our lives starting with deliberately getting lost and doing childlike things.

Sonya Bateman's new page-turners are *Blackout*, *The Girl Who Escaped*, and *The Widows Club*. Some of her previous novels were published by a division of Simon and Schuster and she has several decades of experience helping authors promote their books.

**SAMPLE QUESTIONS:** Where do you get your ideas for your books? Do you base your villains on real people? You have self-published and had deals with established publishing houses: what are the pros and cons of each?

**CONTACT:** Sonya Bateman at (680) 214-6390; [sonyabateman.author@gmail.com](mailto:sonyabateman.author@gmail.com)



## Doctor Discusses

## How to Put More Compassion in Medicine

Each of us will be both patient and caregiver at some point and we all want a health-care system that supports everyone. Yet despite remarkable medical advances, knowledge, and training, patient care remains fragmented, frustrating, and expensive, especially from the patient's perspective, points out **Doug Slakey, M.D., MPH**. Meanwhile, solutions for caregivers, especially those on the frontlines, remain elusive.

Bring Doug on your show to demystify the complex health-care system and provide tools that empower laypeople and medical professionals to receive or provide the most effective, safe, and reliable care.

Doug Slakey is the author of the best-selling book *The Process Manifesto: Improving Healthcare in a Complex World*.

**CONTACT:** Doug Slakey, M.D., at (504) 232-6129; [dpsurgical@me.com](mailto:dpsurgical@me.com)

### SAMPLE QUESTIONS:

- What are your ten core principles?
- How can patients, caregivers and medical professionals experience more satisfaction?

## Interview Mike Tyson's Mother-in-Law, Who Was Wrongly Convicted of a Crime

**Rita Ali** was a distinguished Philadelphia socialite and among the few African American women boxing PR professionals who hobnobbed with Muhammad Ali, Michael Spinks, and Mike Tyson, who is now her son-in-law. Then she — along with her daughter and son — was wrongly convicted and imprisoned for allegedly funneling public funds through a partnership between the Sister Clara Muhammad School and the Community College of Philadelphia.

The indictment alleged that the defendants profited off of a ghost employee scam to provide adult education classes. “I was convicted and sentenced three times on virtually the same charges for a crime I didn’t commit, which amounted to triple jeopardy,” she says.

She is the author of *Triple Jeopardy: 3 Strikes But Not Out*, a life coach, and founder of the nonprofit We 2 Matter, which provides resources for previously incarcerated women.



### SAMPLE QUESTIONS:

- How did you finally resolve your legal conflicts?
- What is Mike Tyson really like?

**CONTACT:** Rita at (917) 243-9214; rali@rtirguests.com

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## Why You May Be Addicted to Being Unhappy

Everyone wants to be happy. However, most people are unwittingly addicted to unhappiness. We all do things we think will make us happy (but don't) while avoiding things we believe lead to unhappiness (but also don't). And so, the cycle continues, and we never realize how far away from happiness we truly are.

Sought-after guest **Jennifer Hughes** reveals good news: You can choose happy! A certified success trainer and life coach, and the author of *Choose Happy: Be This, Not That; Increase Your Happiness, Strengthen Your Relationships, Achieve Your Dreams*, she shares the real, surprising secrets of happiness that anyone can accomplish. Interview this eye-opening guest to find out what's been keeping you from being happy with your life.

Jennifer shows your audience:

- Why making mistakes is good, being right is wrong, and looking for who's at fault keeps you miserable
- How to unlearn deceptive choices that seem right, but actually block satisfaction and deliver disappointment
- Why we should stop trying to be fair all the time
- How to make the right choices for happiness, even when they feel wrong

**CONTACT:** Jennifer Hughes at (480) 745-2113; jhughes@rtirguests.com

### SAMPLE QUESTIONS:

- What does it mean to be an agent, not an object?
- Why is focusing on yourself actually counterproductive to your own happiness?
- What is something that blocks satisfaction and delivers disappointment?
- What is one way we can be more happy today?

## How Our Past Lives Affect Our Current Life

Do you frequently have a sense of déjà vu? Do you have fears or phobias that are unrelated to anything you've ever experienced? According to **Jennifer Maag**, we've all had past lives, and they have a profound impact on our current lives. "I believe the self-esteem you're born with comes from the past lives you've already lived," she says. "Tapping into that enables us to heal in our current existence."

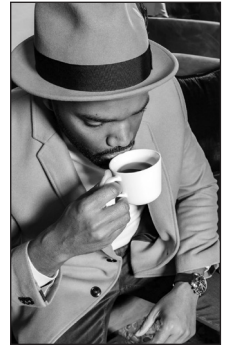
Jennifer, a licensed massage therapist, and her son, Alexander Maag, are the co-authors of the critically acclaimed book *Take on God*, which explores how to transform our inner battles into healing tools to live our best lives.

**SAMPLE QUESTIONS:** How can people determine if they've lived before? What are some ways we can use our past lives to enhance our current lives?

**CONTACT:** Jennifer Maag at (419) 969-3259; [jmaag@rtirguests.com](mailto:jmaag@rtirguests.com)

## How to Live Longer and Stronger, with Herbs

The idyllic Caribbean nation of Dominica, where herbs expert **Gladstone Etienne** grew up, is a nature paradise known for its pristine environment, organic foods and laid-back lifestyle. Gladstone claims that the citizens there live longer, and stronger, as a result. "According to the BBC, Dominica has the highest number of centenarians per capita in the world," he says. He also gives credit to herbal medicine, which he began studying as a child.



Gladstone went on to develop a line of teas, to make it easier for Americans to gain the wondrous health benefits of herbs. He is the founder of ZABIOLife herbal tea company.

**SAMPLE QUESTIONS:** Which herbs are a must for a healthier life? What are the best, safest ways to consume herbs?

**CONTACT:** Gladstone Etienne at (301) 820-7656; [Getienne@rtirguests.com](mailto:Getienne@rtirguests.com)

## The Real Reason Guns Are the No. 1 Killer of Children

Every year, 18,000 children and teens are shot and killed or wounded and approximately 3 million are exposed to gun violence. What are adults in the U.S. doing wrong?

**Dr. Regina M. Griego** lost five family members to a mass murder, three of whom were children. Her 15-year-old nephew shot them and Regina took guardianship of her nephew. She has since become an advocate for gun safety and believes that we all want to keep our children safe and families whole.

Griego is the author of the award-winning, best-selling book *Sins of the System: Trauma, Guns, Tragedy, and the Betrayal of Our Children*, a memoir that explains the systems that failed her family. She holds a Ph.D., MS, and BS in electrical and computer engineering and an MS in computer science.

**CONTACT:** Regina Griego at (505) 306-6189; [transcendingfutures@gmail.com](mailto:transcendingfutures@gmail.com)

### SAMPLE QUESTIONS:

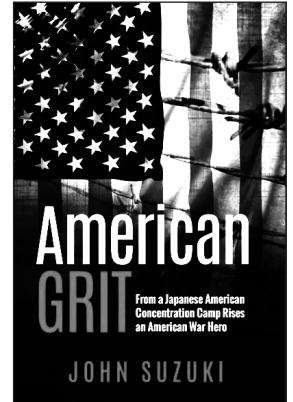
- Why are our children dying from guns?
- What role does mental health play in the gun deaths of children?

## Concentration Camps in America: What You Don't Know

How would you feel if the unthinkable of concentration camps happened right here in America? Well, they did, and they can happen again.

Over 122,000 innocent people, including 50,000 American children, were rounded up and incarcerated in concentration camps in America during World War II because of their race. At the same time, brave young men volunteered from the camps to fight —and die — for the U.S. Army while their families remained imprisoned in the camps by the U.S. Army. This is their extraordinary story.

Invite **John Suzuki**, the author of *American Grit: From a Japanese American Concentration Camp Rises an American War Hero*, to discuss this significant and shameful historical episode as a terrifying example of racism and prejudice, and lessons learned on the topic of diversity in America. It is a true story that inspires us to live with the love, courage, and perseverance of the tens of thousands of Americans of Japanese ancestry who overcame decades of widespread racism and hardship to fulfill their dreams of a better life in America. But most importantly, *American Grit* reminds us of the horrors of concentration camps in America so we can keep them from ever happening again.



**SAMPLE QUESTIONS:** Why did the concentration camps in America happen? Who were the men who volunteered from the camps to fight for the U.S. Army, and how did they contribute to winning World War II? What can we learn from that experience that will make us better people? What can we do to prevent concentration camps from ever happening again?

**CONTACT:** John Suzuki at (425) 985-1465; John@JohnSuzuki.com

### How to Protect Yourself from the Hidden Health Threat Affecting Us from Birth

The American Heart Association recently identified a threat hiding in drinking water, snacks, baby food, consumer products, and wildfire smoke. **Douglas Mulhall** describes what it does to us and how people are protecting themselves and their children from it, in his acclaimed, best-selling third book, *Discovering the Nature of Longevity: Restoring the Heart and Body by Targeting Hidden Stress*. The book is recommended by the American Institute of Stress and has a foreword by Columbia University's chief of cardiology.

Mulhall co-developed an award-winning certification recognized by the EPA for guarding against low levels of toxic metals and infections that are hard to detect. The biotech company he co-founded combines advanced technologies with natural therapies to reverse and prevent the damage.

**SAMPLE QUESTIONS:** What is this threat? Why does it build up, starting from birth? How are people protecting themselves to live longer and better?

**CONTACT:** Douglas Mulhall at (559) 961-7979; mulhall@calcify.com

### 5 Tips for Raising Good Kids in Bad Times

With the perils of social media, bullying and over-worked and overwhelmed parents, it's not easy being a kid in today's chaotic world. But author/parenting expert **Jerry Bures** can offer tips for making the journey smoother. "It's important to not just hear your kids, but actually listen to them," he says. "It's also important to set limits, without being overly strict."

Jerry is the author of *When Kids Leave Clues: 26 Timeless Stories of Inspiration & Essential Life Lessons Taught to Us by Our Own Children*.

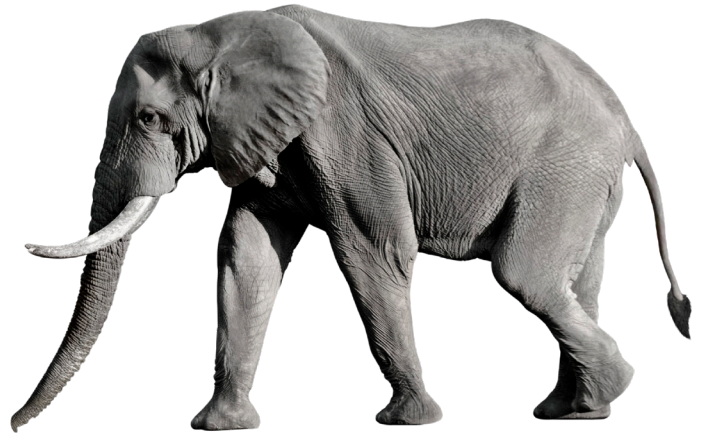
**SAMPLE QUESTIONS:**

- Do kids secretly want to be disciplined, and why?
- How can parents enable kids to feel understood and supported, despite their hectic lives?

**CONTACT:** Jerry Bures at (920) 796-9160; jrbures@rtirguests.com



# Why We Need Elephants



Elephants have long enchanted humans due to their intelligence, charm and majesty. Sadly, they are also one of the world's most endangered species.

According to author and animal welfare advocate **Georja Umamo**, this places the entire planet's environment in peril. "They are so large that rain in an elephant's footprint can create a microsystem that can provide a home for tadpoles and other organisms," she says. "The effects of their movements in both savannahs and forests help restore and maintain the balance of nature."

**CONTACT:** Georja Umamo at (213) 568-1764; gumano@rtirguests.com

Georja spent two years working in Kenya and can share why it's important to preserve elephants' natural habitats, as well as how these lovable creatures positively impact global ecosystems. She is the author of *Terriers in the Jungle*.

## SAMPLE QUESTIONS:

- How do elephants aid the environment?
- How can humans protect pachyderms from becoming extinct?

## The Hidden Demons Returning Veterans Face

Although they risk their lives to protect our country, returning veterans are often under-served and neglected by society. Former Navy chaplain, author and life coach **Carl Barnes** is all too aware of the challenges vets encounter. "What's crucial is being resilient in transitioning out of the military, continuing to find purpose, seeking community and, most importantly, keeping your mental health at the forefront," he says. "If overlooked, this can become overwhelming if you don't seek professional help."

Carl is the author of *Resilient Sailing: 10 Lessons to Persevere in Life's Stormy Seas*, and conducts life coaching workshops and online courses.

**SAMPLE QUESTIONS:** Why are suicide, addiction and homelessness so prevalent among returning veterans? What can society do to help them to successfully transition back to civilian life?

**CONTACT:** Carl Barnes at (407) 809-8047; cbarnes@rtirguests.com

## Expert Reveals the Surprising Skill That Must Be Taught in Elementary School

Teaching computer science to students in grades pre-K through 5 is now a major focus in schools. Children's author and longtime STEM educator **Chris Goldberg, Ed.D.**, has worked with even the youngest elementary school students and can speak to the need for teaching these skills to young children. "Research shows that these skills help students in mathematics, problem-solving and critical thinking and may help create a path of interest for students who have the aptitude for programming one day," he says. "There also must be a focus on making sure underrepresented populations receive exposure to computer science skills."

Chris is the author of *Aliyah and The STEMsational Problem-Solvers: What's Cooking?*

**SAMPLE QUESTIONS:** How does learning computer science prepare kids for the future? What specific STEM skills should young kids learn, and why?

**CONTACT:** Chris Goldberg at (610) 557-8442; cgoldberg@rtirguests.com

## How God Bailed This Author Out of Prison

As a single teenage mother who was sentenced to 30 years to life in prison for conspiracy to sell drugs and money laundering, **Tressa Mitchener** seemed like a lost cause. But thanks to her strong faith, her sentence was miraculously reduced to five years.

She went on to earn a B.A. in psychology, become a respected Christian counselor and best-selling author, and marry her dream man. “While I was in prison, I was strongly focused on God,” she says. “He was giving me instructions and guiding me. My mind began to change.”

She is the author of *Looking Out from the Inside: The United States v. Tressa Oliva Parker*.

### SAMPLE QUESTIONS:

- How did you get your lengthy sentence reduced?
- What led you to develop a strong sense of faith?

**CONTACT:** Tressa Mitchener at (919) 582-5992; [Tmitchener@rtirguests.com](mailto:Tmitchener@rtirguests.com)



## Do a Show on the Healing Power of Music

Music is a huge part of every culture the world over. Beyond providing entertainment, music can instantly affect our moods — but did you know that music can also heal?

**John Campbell** talks about the tremendous power of music to soothe us body and soul. He'll share examples from personal experience of Alzheimer's and dementia sufferers responding to music, tips and advice on choosing the best music for healing, unconventional ways to bring healing music into your life, and more.

An entrepreneur and songwriter, John is the author of four books. His latest, *Beyond the Fading Memories: Guiding Words for Dementia Caregivers*, includes stories, advice, and lessons learned from six years as the primary caregiver for his mother after she was diagnosed with dementia.

**CONTACT:** John Campbell at (608) 975-2714; [jcampbell@rtirguests.com](mailto:jcampbell@rtirguests.com)

### SAMPLE QUESTIONS:

- How does music help your mind and body heal?
- Why are old songs so ingrained in our brains?
- What can caregivers do to help patients or loved ones (and themselves) during difficult times?

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**Inside... over 43 authors and experts for interviews including this featured guest...**

## How to Prevent AI from Stealing Your Job!

AI is changing every aspect of our lives. It is irreversibly changing the way we work.

It is expected that up to 800 million employees worldwide will lose their jobs in less than six years due to AI and automation. So, what to do if AI takes your job?

Interview **Mustafa Ammar** who can offer five unique strategies to outsmart AI.

Mustafa is the founder and CEO of The Passion MBA, a career and business coach, and author of *Time to Move On* in which he debunks the seven most common career myths to help professionals find their dream careers.

He is also a former international diplomat, investment banker, and pharmacist who reincarnated his career several times.

**CONTACT:** Mustafa Ammar at (240) 543-2529;  
[DreamCareer@ThePassionMBA.com](mailto:DreamCareer@ThePassionMBA.com)



### SAMPLE QUESTIONS:

- Why should you be a generalist, not a specialist in the current job market?
- Why is it never too late to find your dream career?