



Date aired: \_\_\_\_12/19\_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2021-51

Total running time: 29:30 (with optional exit at 24:00)

1. **Tim Larkin**, self defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

**Issues covered:**  
**Personal Defense**  
**Crime**

**Length: 9:21**

2. **Gail Heyman, PhD**, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

**Issues covered:**  
**Racial Bias**  
**Diversity**

**Length: 7:50**

3. **Doug Abrams**, author of "*The Book of Joy Journal*"

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

**Issues covered:**  
**Mental Health**

**Length: 4:54**