



Date aired: ____9/16____ Time Aired:

Weekly Public Affairs Program

Show # 2018-34

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

1. **Chris Bailey**, productivity expert, author of "Hyperfocus: How to Be More Productive in a World of Distraction"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Issues covered:

Length: 8:31

**Workplace Matters
Career**

2. **Janet Murnaghan**, journalist, author of "Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Issues covered:

Length: 8:44_

**Organ Donation
Government Regulation**

3. **KJ Dell'Antonia**, editor of the Motherlode blog in the New York Times from 2011 until 2016 , author of "How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

Issues covered:

Length: 5:12

Parenting

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