



Program Log for Viewpoints Radio

Program	20-04	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	01/26/2020	Studio Producer	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Geico/No Brainer Garden Gnome Donate Cars/Much Luck	:31 :30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	SEGMENT 1: FINDING JOY AGAIN THROUGH SMALL CHANGES	11:01
	Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important. Host: Gary Price. Guests: Sarah Ban Breathnach, author, <i>Simple Abundance: 365 Days to a Balanced and Joyful Life</i> . Rachel Bertsche, journalist, author, <i>The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting</i> . Links for more info: http://www.sarahbanbreathnach.com/ https://twitter.com/simpleabundance?lang=en https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022 https://www.rachelbertsche.com/ https://twitter.com/rberch?lang=en https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0 Compliance Issues Covered: Literature, Mental Health, Journaling, Parenting, Social Media, Failure	
12:49	SPOTBREAK 2&3: Alzheimer's Association/2019 Advances Progressive Insurance/Pep Talk Jamie's VM Pfizer Ibrance/It's Not Your Fault	:60 :30 :30
14:49	:02 PAUSE FOR LOCAL AVAIL	:02
14:51	SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG DIFFERENCE	8:01
	Synopsis: Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-inducing, hour-long activity. It can be getting a group of friends together for an axe-throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life. Host: Marty Peterson. Guests: Kelly McGonigal, research psychologist, author, <i>Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage</i> ; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago. Links for more info: http://kellymcgonigal.com/ https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend https://www.southportfitness.com/ https://www.facebook.com/SouthportFitness/ Compliance Issues Covered: Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care	
22:52	SPOTBREAK 4: Idahoan/Demystification	:54
23:46	CULTURE CRASH: OSCAR SEASON	2:41
	Synopsis: This year's Oscar nominations are out and there are some good contenders in the mix, but a few movies that were looked over. We delve into some of our favorite films from 2019 that didn't make the nomination cut, but are still worth the watch. Host: Evan Rook Compliance Issues Covered: Films, Awards, Acting, Culture	
26:27	SPOTBREAK 5: Progressive Insurance/Nightgown/Weird Words Donate Cars/Much Luck	:30 :30
27:27	Program Conclusion	:32
27:59	TOTAL TIME	

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