



List of guests

- * **Sharon Salzberg**, noted meditation teacher and author of *Real Change* and *Real Happiness*.
- * **Rick Hanson**, psychologist, mindfulness consultant and trainer and best-selling mindfulness author of *Buddha's Brain* and *Neurodharma*.
- * **Rich Goerling**, former police lieutenant, mindfulness trainer, researcher and consultant.
- * **Shelly Tygielski**, former corporate executive, mindfulness teacher, community organizer and founder of the philanthropic nonprofit, *Pandemic of Love* and author of *Sit Down to Rise Up*.
- * **Elisha Goldstein**, psychologist, mindfulness speaker, trainer and author of *Uncovering Happiness* and *The Now Effect*.
- * **Carla Naumburg**, clinician, parenting expert and author of *How to Stop Losing Your Shit With Your Kids*.
- * **Kim John Payne**, family clinician, consultant regarding childhood and parenting and author of *Simplicity Parenting*.
- * **Tal Gur**, former corporate executive, well-being and personal growth entrepreneur and author of *The Art of Fully Living*.
- * **Fleet Maull**, psychologist, meditation teacher, nonprofit leader and author of *Radical Responsibility*.
- * **Mark Bertin**, developmental pediatrician, ADHD expert and author of *Mindfulness and Compassion for Teen ADHD*.
- * **Melinda Wenner Moyer**, award-winning science journalist, editor for *Scientific American* and author of *How to Raise Kids Who Aren't Assholes*.
- * **Jessica Minahan**, board-certified behavior analyst, speaker, consultant and author of *The Behavior Code*.