



WORLD HAPPINESS FEST

MARCH 17-22, 2022

IT IS TIME TO (RE) CONNECT.



WORLD
HAPPINESS
FEST
bē CREATION



WORLD
HAPPINESS
FOUNDATION
bē CREATION

World Happiness Fest 2022 Work

In collaboration with
Happiitude
happy by choice

Thursday, March 17th (English Stage)

www.worldhappiness.foundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at 09:00am ET



**Welcome to
The Future of Work**
Luis Gallardo



Compassion at Work
Karan Behl



Spine Practice
Ipek Atesalp



Happiithon Workshop
*Talu Sehra-Eckhoff
& Lorraine Stamp*



**Panel Topic -
Happiness Experience**
Ozlem Brooke Erol



Drumming Experience
Tom Morley



**Panel Topic -
Best Self at Work**
*Mine Dedekoca,
Ozlem Brooke Erol,
Rob Salafia & Sanja Licina*



Meditation
Talu Sehra-Eckhoff



Laughter Yoga
Ipek Atesalp



**"Happiness, Life and
Everything in Between:
A conversation with
Elena Skakun"**
Raj Raghunathan
Video & Podcast



**Appreciative inquiry
in times of change**
Mohit Mukherjee
Video & Podcast



**Happiness, Hope
and Human Rights**
*Phillip Kottler
& Christian Sarkar*
Video & Podcast



**Fearless: Be the Authentic
Leader you will Follow**
Div Manickam



**Leadership Integrity:
Why should you care?**
*Angelika Pohnitzer
& Blanka Bellak*



**Resilience
in Organizations**
Jose-Pedro Martinez



**Modernizing
Peer-to-Peer Guidance
& The Future of Work**
Mark Donohue
Video & Podcast



**Building trust and
collaboration in
organizations with the
Prosocial method in a time
of high stress and changes**
*Paul Atkins, Valerie Freilich,
Duncan Brown, Luis Gallardo,
& Robert Styles*



In collaboration with



World Happiness Fest 2022

Health



Friday, March 18th (English Stage)

www.worldhappiness.foundation/
#WorldHappinessFest

Starts at 09:00am ET



Hope as the key to transformation and peace

*Luis Gallardo
& Kathryn Goetzke*



The Manic Monologues

Zack Burton



There is a way to peace. The inner journey.

*Deepak Chopra,
Gabriella Wright
& Luis Gallardo*



The Global Impact of COVID on mental and physical health

Myron Belfer



Dignity in Mental Health

Claire Brooks



A Broken Teacup: Filling the cracks with Mindfulness, Essentialism and Self-care for mind, body and soul to re(connect)

Div Manickam



How Compassion is Key to Recovery

James Doty



It Ends With Me

Mackenzie Darling



Awakening Coach - Healer Entertainer

Paula Dinaro



Learned Hopefulness and Character Strength

Dan Tomasulo



3 Obstacles to Happiness (and how to relieve them)

Loretta Breuning

Video & Podcast



Are we there yet? Reconnection (or Regeneration) after Collective Trauma

Edith Shiro



Uplifting Youth Virtually

Martin Rafferty



Reconnecting by aligning Four Bodies

Zahra Karsan



The Psychedelics opportunity for World Happiness

Patrick Moher & Rick Doblin

World Happiness Fest 2022 Education

In collaboration with



Saturday, March 19th (English Stage)

www.worldhappinessfoundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at 09:00am EST



Impacting for good 8 million students in India. Inaugural Address
Yogesh Kochhar
Prof. Anil D. Sahasrabudhe
& Luis Gallardo



Welcome to the Education day
Orlaith O' Sullivan



The Three Essentials for the 21st Century – Educating the Heart, Mind and Body
Lobsang Phuntsok



Character strengths in Education
Dr Ryan Niemiec
& Jaume Gallifa



Education for Peace & Happiness
TS. Powdyel



Cultivating Hope and Wellbeing
Dr Helen Maffini &
Dr Christopher Willard



Why Knowledge is not enough
Gilda Scarfe



How to reconnect naturally: helping children touch joy and wonder through mindfulness & nature
Caroline Woods
& Aleema Noormohamed



Happy teachers change the World
Brother Freedom
& Michaela Becka



The World Becomes What We Teach: Educating a Generation of Solutionaries
Zoe Weil
& Steve Cochrane



Wellbeing and Social Media - Does social media make us happy?
Tracy Moxley



Mindfulness can have benefits for young people, but does it matter how it's delivered and is it always helpful?
Nicholas Van Dam



"Bridging Happiness Wellbeing to Education"
Anshula Verma Dawar



Compassion Education: Creating Kinder Classrooms
Jimi Slattery



Transcducation (Education + Transformation + Technology)
Jamie Rose Brown



How to Transform with Education
Dane Maxwell



Movie (On Demand)
Youtube Link:
<https://youtu.be/hzro8Yh1Fu0>
Tashi and the Monk



In collaboration with

World Happiness Fest

Self Planet Science of Spirituality

Sunday, March 20th (English Stage)



www.worldhappiness.foundation/
#WorldHappinessFest

Starts at 09:00am ET



**Welcome to the
Future of Happiness**
Rekhi Singh
& Luis Gallardo



**The Epigenetics
of Wellbeing**
Tia Kansara
Video & Podcast



**Reconnection - Meeting
the Climate Crisis Inside Out**
Jamie Bristow
& Ruth Ormston



**Reconnect with Meaning
in a Time of Darkness**
Mavis Tsai
Video & Podcast



**Self-Care and play
are keys to making
a social impact**
Christine Gautreaux



The Happy Index™
Matt Gersper



**Technology for
Peace and Happiness**
Saamdu Chetri
Video & Podcast



Mothering Earth
Dr. Sangeeta Sahi
& Nicole Connors



**Happiness Through
Connecting with our Planet**
Garrett Stuart



**Beyond Pandemic:
(Re)connecting Happiness**
Manas Mandal
Video & Podcast



**Understanding our
wounds to reconnect**
Richard Rudd
& Luis Gallardo



**Macrocosmic
Quantum Theory**
Carl Johan Calleman
Video & Podcast



Happiness and well-being
Dr. Vandana Shiva
Video & Podcast



Leading with the heart
Dr. Mohammed Najafi



**Discover your True Self
with Spitiual Intelligence**
Rekhi Singh



**Self-Love, Acceptance
and (Re) Connection**
Dorota Stanczyk,
Mo Gawdat
& Luis Gallardo



World Happiness Fest 2022

Transformative Technology



In collaboration with
TRANSTECH
TRANSFORMATIVE TECHNOLOGY
CONFERENCE

Monday, March 21st (English Stage)

www.worldhappiness.foundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at 09:00am ET



How to thrive in the age of freedom

Paola Tellez
& Nichol Bradford



Leveraging Technology to Build Compassion

Cynthia Phelps



Cookie Jar Moments

Lis Kanzler
& Hans Brunk



The Frequency of Wellbeing

Dmitri Leonov



5 Social Media Tips to Build Communities with Joy and Purpose



Nancy Richmond
& Sungu Armagan



The Warm Side of Tech

Michal Ben Zvi Sommer



The Art and Science of the Wellness Metaverse - Reconnecting with the Human Inner Landscape

Simeone Scaramozzino



The Journey to Heart and Mind coherence

Mike Danheim



The Form of Reconnection Post Pandemic

Laura Thomas



World Happiness Fest 2022

Governance/Public Policy



In collaboration with



Tuesday, March 22nd (English Stage)

www.worldhappiness.foundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at 09:00am ET



The World Happiness Report 2022

John Helliwell
(In conversation
with Luis Gallardo)



Advancing the Happytalism paradigm

Jaymie Illen
(In conversation
with Luis Gallardo)



Impact Investment as a force for Good

Danny Almagore



The State of Happiness in 2022

Jeffry Sachs
(In conversation
with Luis Gallardo)



Knowledge & Policy Lead, Wellbeing Economy Alliance (WEAll)

Amanda Janoo



Protecting our childrens neurological health and happiness

Shazi Visram



The People's Report

Michael Sain

Starts at: 09:00am EST



Presentación del festival

Luis Gallardo
& Raúl Varela



La felicidad es una
puerta que se abre
desde adentro...
Manuel de la Vega



Claves para que el toque
humano siga siendo
extraordinario
Víctor Velázquez



Presentación de la Jornada
Teresa Viejo



Cultura de
Reconocimiento
Beatriz Rivas



Modelo de Bienestar
y Felicidad Laboral
Nancy Martínez



Conferencia: "El propósito,
palanca de felicidad
en el trabajo"
Joaquín Viña



La experiencia del
colaborador centrada
en la persona
Renata Maldonado



La Seguridad Psicológica
como Palanca del Compromiso
en las Organizaciones
Silvia Estévez Touriño



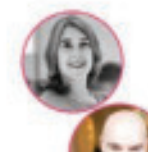
Círculos de felicidad
Dra. Paloma Fuentes



Bienestar y
Felicidad en el Trabajo
Roberto Teodoro Chabat



Atender, Entender
y Ejecutar ¡vaya dilema!
Neuroeducación
para empresas
Gabriel De la Vega Rico



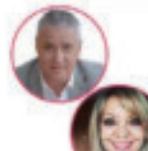
Círculos simultáneos
Natalia Iglesias
& Ricardo Ruiz



Bienestar integral
ante una crisis
Francisco García Casas



REFLE-ACCIONES
PARA LÍDERES
JOSEFA GALVÁN



CÍRCULO "CEREBRO SANO"
Manuel Palencia
& Silvia Martín



Los colaboradores
detrás del área de ventas
Luis Lazarini



9 PASOS PARA IMPLEMENTAR
EL MODELO DE FELICIDAD
ORGANIZACIONAL
- SUMMARIUM
Christian L. A. Ramos J.



CÍRCULO "CEREBRO FLEXIBLE"
Isabel Ortega
& Marcos García



Practica, promueve e
impulsa el bienestar
organizacional
Juan Anduaga



Un Camino para Sembrar
Felicidad en tu Organización
Humberto Rueda Armella



CÍRCULO
"CEREBRO COHERENTE"
Patricia Afanador
& Cristina de Miguel



El Bienestar de los
colaboradores, como
ADN de Sodexo
Roxana Aguirre



La ciencia de medir la
felicidad MODELO: BhiPRO
Business Happiness
Index Program
Diana Ospina y Oscar Lemus



CÍRCULO "CÓMO LIDERAR
HOY CON MÁS
CONSCIENCIA Y FELICIDAD"
Sonia Úbeda



Felicidad híbrida, nuevo
reto para las empresas
Marlingen Porraz



El ruido,
enemigo silencioso
de la comunicación
Cristina Callejas Campo



Conferencia:
"La ilusión positiva"
Lecina Fernández



Los entornos que
incentivan la diversidad
e inclusión te acercan
a la felicidad
Denisse Cazú



De la Necesidad
a la Felicidad
Adriana del Pilar
Rodríguez Restrepo



"Felicidad empresarial
partiendo de las diferencias
generacionales"
Nacho Barraquer,
el GeFe con G



La felicidad es una
decisión en consciencia
Helios Herrera



Felicidad Productiva
Ana María Pelaez



"De curios@ a
competente feliz"
Teresa Viejo



La diversidad e inclusión
en las organizaciones
Angie Alvarez



365 Días de
Felicidad en el Trabajo
Astrid Alviso



Total Rewards como
propuesta de valor
del empleado
Guillermo Rademakers



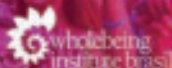
Impulsa la felicidad
en la nueva era digital
MaCarmen
Lacuesta Sobrino



Mi Kit de
Felicidad Laboral
Jomery Rosario



In collaboration with



World Happiness Fest 2022 Health



Friday, March 18th (Spanish & Mexican)

www.worldhappiness.foundation/

[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at: 09:00am EST



Presentación de la jornada

Javier García Campayo



Taller: "El cuerpo es el aliado de la mente"

Maite Crespo



**Resignifica tu Vida
Conectándote con tu SER**

Maureen Villalobos Montero



Conferencia: "Relaciones humanas: Felicidad y sufrimiento"

Miguel Ángel Santed Germán



Taller: "Emocionarte: cuerpo, mente y emoción"

Teresa Nafria



Conectando desde el amor hacia la felicidad de las personas

Claudia Milena Reyes Castaño



Taller: "Felicidad y cambio social"

Carlos Hue



Presentación de la Editorial mundial de la Felicidad (World Happiness Press)

Arturo Villegas



Esperanza e ilusión

Maria Emma Martinez



Presentación del libro: "Sueños lúcidos. Aprende a desarrollarlos"

Javier García Campayo



Mesa de debate: "La felicidad desde la perspectiva espiritual"

*Javier García Campayo,
Carmen Jalón & Elisenda Camps*



Los colaboradores detrás del área de ventas

Luis Mariano Lazarini

World Happiness Fest 2022 Education

In collaboration with



Saturday, March 19th (Spanish & Mexican)

www.worldhappiness.foundation/
#WorldHappinessFest

Starts at: 09:00am EST



Bienvenida
Cristina Jardón



**Taller APRENDIENDO A SER:
aulas felices**
Ana Mª López,
Cristina Solsona
& Anacrís Lozano



El Secreto de la Felicidad
Andrea Monsanto



"Música e infancia feliz"
Silvia Catoira



**"Las diez claves
para mejorar el
sistema educativo"**
Carlos Sentís



Movie (On Demand)
Youtube Link:
<https://youtu.be/kzro8Yh1Fu0>
Tashi and the Monk



"Desde su mapa..."
Los niños opinan sobre la
educación, la innovación y la
felicidad



**Educación Positiva
para la escuela desde casa**
Rosalinda Ballesteros



**BIENESTAR EDUCATIVO
(COORDINADOR DE
BIENESTAR Y PROTECCIÓN
DEL MENOR)**
GEMA BALLESTEROS



**"Crecer con consciencia,
atención y amabilidad"**
Yolanda Herrero,
Marisa Ansoleaga
& Ana Calero



**No volvamos
a la normalidad**
Luis Gutierrez



**Escuela con propósito:
Educación para la Felicidad**
Nury Bocanegra García



**Talleres "Experiencias
innovadoras"**
Fundación Botín:
Educación responsable



**Educando
positivamente
al algoritmo**
Epifanio Sánchez



**¿Cómo y Cuándo Construyo
mi FELICIDAD?**
Yinnay Lotus



**Taller APRENDIENDO A SER:
coaching educativo**
Yolanda López
& Paola Herrera



**El bienestar a través del
Mindfulness para la
eco-integración con
las fortalezas de carácter**
Masaya Okamoto



**Los Desafíos son
fuente de Felicidad**
Laura Vaccarini

World Happiness Fest 2022

Self Planet Science of Spirituality

Starts at: 04:00am EST



Presentación de la jornada
Rafael Senén



Taller sobre "Impacto social, sostenibilidad y ODS"
Julio Andrade



"Conversaciones imposibles. Explorando la felicidad a través de lo inexorable"
Fernando García Ferreiro



Taller de iniciación a Mindfulness
Yolanda Garfía



Mesa redonda: "Envejecimiento y sociedad"



Óscar Bustos,
Rafael Senén
& Julio Andrade



Concierto de la Felicidad
Chloe's Clue



Taller: "Cómo avanzar hacia la sostenibilidad y el cambio social consciente"
Antonio González



El hechizo de la (RE)conexión con Visual Thinking
Lidia Dols



¡Trabajar sin estrés y ser más Feliz!
Lidia Dols

World Happiness Fest 2022

Transformative Technology

Starts at: 09:00am EST



Presentación de la jornada
Paola Téllez



"Psicología de calidad con calidez"
Natalia Pedrajas



"Tecnología y felicidad"
Pablo Claver



"Emprendimiento tecnológicofemenino en España"
Teresa Alarcós



"Conexiones conscientes y bienestar tecnológico"
José Briceño



"Datos biométricos de la escritura para el bienestar mental y mejor del rendimiento"
Andrés Sanfiel



"Cómo descubrir el trabajo del futuro que te hará feliz"
Elena Ibañez



"Tecnologías transformativas y viajemindful, la combinación perfecta para un mundo mejor"
Jimmy Pons



"How to thrive in the age of freedom"
Nichol Bradford



World Happiness Fest 2022

Governance/Public Policy



In collaboration with



Tuesday, March 22nd (Spanish & Mexican)

www.worldhappiness.foundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at: 09:00am EST



**Presentación
de la jornada**

*Luis Gallardo
& Raúl Varela*



**"Políticas públicas capaces
de fomentar una nueva
visión sistémica y humana"**

Daniel Truran



**"¿Comunican correctamente
los políticos? Claves para
conectar con la audiencia"**

Mar Castro



**"Felicidad: hacia una nueva
narrativa de progreso social"**

Mariano Rojas



**"La política y la economía
que el mundo necesita"**

Diego Isabel Lamonedá



**Mesa de debate y reflexiones
finales con políticos**

Diego Isabel Lamonedá

World Happiness Fest Brazil 2022

Thursday, March 17th (Work Impact)

www.worldhappiness.foundation/
#WorldHappinessFest

Starts at: 09:00am EST



**Seja Líder como
o Mundo Precisa**

João Paulo Pacífico



**Cultura em tempos de
Pandemia - Como a Ciência
da Felicidade ajudou a
construir engajamento
e pertencimento durante
o isolamento.**

Roberto Fêres



**Despertando o espírito
heróico do empreendedor**

Thomas Echsmidt



**Mitos e Desafios da
Felicidade Corporativa**

Renata Rivetti



**Trabalho por Projeto
e Felicidade**

Otavio Leonhardt



**Transmutando para liberar
a felicidade que já existe
dentro de você**

Marisol Ribeiro



**O poder da comunidade
e sua força revolucionária**

Luiza Figueira de Mello



**A importância de
construir ambientes
seguros nas organizações**

Hannah Chamon



**Do medo do ego
para o voo da alma**

Ricardo Farah



Você aguenta ser feliz?

Nizan Guanaes



**Felicidade pelo olhar
do Impacto: Mulheres,
Negocios, Proposito
e Protagonismo**

Inês Rocha



**Felicidade
Corporativa na prática**

Vini Kitahara



**Caminhos possíveis para
viver com menos correria**

Helena Galante



Autodireção à Felicidade

Paulo Vieira de Campos



**Segurança Psicológica
e Felicidade no Trabalho**

*Patricia Ansarah
e Veruska Galvão*



**Essencialismo: Quando
me esvazio do excesso
me preencho do que somos!**

Rodrigo Borges



Tempo de ser feliz

Pedrinho Salomão



O Lucro da Felicidade

Juliana Linares



In collaboration with



World Happiness Fest Brazil 2022

Friday, March 18th (Health Thrive)



www.worldhappiness.foundation/
#WorldHappinessFest

Starts at: 09:00am EST



**Life Stories and
Human Flourishing**
Margarita Tarragona



**HeartMath: a relação
do coração com a
sua felicidade**
Juliana Sé



**Psicologia Positiva
aplicada à Saúde**
Lidia Pagni



Felicidade se Aprende
Henrique Bueno



**Como ser feliz usando
as forças e virtudes
humanas**
Juliana Carneiro



**Healthiness is happiness
- Ayurveda overview**
Dr. Varun Kulkarni



**A Mariana Ferrão que
você não conhece**
Mariana Ferrão



**Trabalhe enquanto
eles dormem - a
epidemia do burnout**
Priscila Conte Vieira



**A saúde mental nas
empresas: uma abordagem
da liderança humanizada**
Tonia Casarin



Hormônios e felicidade
Isabela Bussade



**Saúde Emocional:
quem cuida da mente
cuida da Vida**
Marisabel Ribeiro



Interconnected Well-Being
Megan McDonough



**A Saúde Bioemocional
e suas relações com
a felicidade**
Carlos Veiga Jr.



**Happiness
and Mindfulness**
Saamdh Chetri



WORLD
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In collaboration with



wholebeing
institute brasil

World Happiness Fest Brazil 2022



WORLD
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FOUNDATION
bē CREATION

Saturday, March 19th (Education Nurturing)

www.worldhappiness.foundation/
#WorldHappinessFest

Starts at: 09:00am EST



**Masculinidade
não-violenta**
Gustavo Tanaka



**A Felicidade na
Complexidade &
A Complexidade
da Felicidade**
Renata Livramento



**PSYCAP - Capital
Psicológico Positivo
Gerando Valor Para
Pessoas e Organizações**
Simone Kabariti



**Inclusão e o poder
da página em branco**
Mariana Reade



**Como a felicidade
me salvou**
Flávia da Veiga



**Organizações positivas –
as bases para uma cultura
organizacional do bem-estar**
Valdenice Sanchez



**O que você
aprecia, aprecia**
Heloisa Biscaia



**Felicidade: um dever,
um direito ou ambos?**
Andrea Perez



Dança e Felicidade
Roberto Honorio



**Alta Performance sem
Pirar: Autocompaixão
para líderes e
empreendedores**
Marina Amaral



**Construindo
experiências
de aprendizagem
transformadoras**
Vinicius Ciccarelli

World Happiness Fest Brazil 2022

Sunday, March 20th
(Self Planet Science of Spirituality - The Mindset)

www.worldhappiness.foundation/
#WorldHappinessFest

Starts at: 09:00am EST



**Lixo, resíduos,
consumo consciente**
Fe Cortez



**Felicidade: Alinhamento
Consciência x Ação**
Anna Elisa de Castro



**Comunicação não violenta
e empatia na prática**
Marie Bendelac



CIÊNCIA DA FELICIDADE
Gustavo Arns



**I AM - Seu despertar
através de Frequências
e Afirmações**
Carolyna Vaz



Compaixão e Felicidade
Ven. Tenzin Namdro



EMOÇÕES
Kathy Washburn



Liderança Consciente
André Elkind



**Mude sua mente,
Mude sua vida**
Berenice Kuenerz



Luz da Consciência
Satya



**É possível ser
feliz em tempos
conturbados?**
Bruna Lombardi



**Jamais serás
quem tu não és**
Marcio Libar



Invitation
Daniel Hey e Julio Hey



**O Propósito que
criou uma empresa**
*Alex Soderberg
e Felipe Melo*



**A Felicidade
e a meditação
transcendental**
Klebér Toni



**Em relacionamentos
você também
escolhe ser feliz**
Artur Vieira Filho



**Respire &
Inspire Felicidade**
Beto Camurça



**A Felicidade é
Intangível**
Mariana Nahas



Cada Gota Conta
Maria Paula Fernandes



Comece por Você
Mariana Goldfarb



**Felicidade, a real
natureza humana**
Prem Giti Bond



Felicidade
Tadashi Kadomoto



In collaboration with



World Happiness Fest Brazil 2022

Monday, March 21st
Transformative Technology - The Tools



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[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at: 09:00am EST



Ponte para a Felicidade
Márcia Lerinna



**Como Crypto pode tornar
o mundo mais feliz**
Wander Damasceno



**Todas as
emoções importam**
Fernanda Cortes



**Tecnologia assistiva como
agente transformador
e elemento de felicidade**
Doron Sadka



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World Happiness Fest Brazil 2022

Tuesday, March 22nd
Governance/Public Policy - The System



www.worldhappiness.foundation/
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

Starts at: 09:00am EST



**Um convite a releitura
da nossa percepção**
Claudia Pellegrino



**Publico 40+:
De Invisível
a protagonista**
Mauro Wainstock



Embaixada da Paz
Maria Paula



**3 ferramentas
para transformar**
Arleen Solodkin



**Sistema B e as
empresas melhores
para o Mundo**
Francine Lemos

World Happiness Fest



NO BARRIERS

Podcasts Episodes



Podcast Hosts - NO BARRIERS

Erik Weißenmayer,
Tom Lillig, Dave Shurna
& Jeff Evans



Frontiers of the Mind with Albert Lin

[Podcast Link](#)



Harnessing Positivity with Jim Kwok

[Podcast Link](#)



The Human Connection with Ann Curry

[Podcast Link](#)



Channeling Pain into Positivity with Charlie Engle

[Podcast Link](#)



"Amitabha," Spreading Infinite Light with

Army Veteran, Actor, Speaker,
& Burn Survivor J.R. Martinez

[Podcast Link](#)



Contemplating Faith and Forgiveness with Pastor and Author, Nadia Bolz-Weber

[Podcast Link](#)

World Happiness Fest

MY
FOURTH
ACT

Podcasts Episodes

My Fourth Act- HOST Achim Nowak



Hosting the Podcast Achim Nowak

[Podcast Link](#)



How I keep restructuring myself Bija Bennett

[Podcast Link](#)



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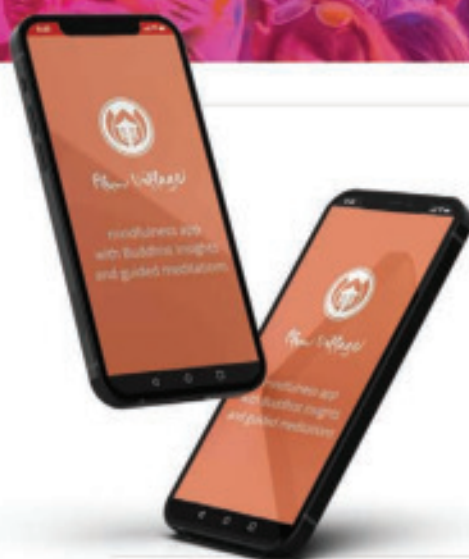
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