

Written by Allan Besselink  
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Join me on BlogTalkRadio on Tuesday January 5, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". The start of the new year sees many people resolving to become healthier and happier in the upcoming year. With that in mind, the first episode of 2010 is an appropriate time to discuss health resolutions - how to set goals and make resolutions for the year, and how to put strategies into place to make them a reality.

This episode's special guest will be **Christine Yarosh**. Christine has a PhD in clinical psychology and has been a therapist for 22 years. Her primary area of interest is the mind-body connection.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Join us for a great discussion to get the new decade rolling!