



Host: Dr. Partha Nandi

- SHOW # DN-110 -

- INITIAL FEED DATE: THURSDAY, NOVEMBER 08, 2018 -

SYNOPSIS

Connecting With Others... Could Forming a Purpose With People Help You Live Longer?

It's time to come out of your shell and make some friends. University of Michigan Center for Positive Organizations expert Chris White says It could just save your life. Join Dr. Partha Nandi, Chris and mass influencer, Teresa de Groisbois as they talk about the importance of surrounding yourself with people to make your personal and professional lives more healthy.

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This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-111 -

- INITIAL FEED DATE: THURSDAY, NOVEMBER 15, 2018 -

SYNOPSIS

Will We Live To See 120?

Exponential technological growth is one factor that's extending the human lifespan. What are some others? Dr. Nandi sits down with the foremost experts on human longevity. Jason Prall talks about the Human Longevity Project. Holistic Heart Doc, Joel Kahn dishes on the importance of cardiac health. And billionaire philanthropist, Naveen Jain discusses the role technology will play in helping us reach the ripe old age of 120.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-101 -

- INITIAL FEED DATE: THURSDAY, NOVEMBER 22, 2018 -

S Y N O P S I S

The Science of Relationships

An exploration of the intricacies of human relationships. Dr. Nandi talks boundary-setting with psychotherapist Terri Cole. Also: Kim Logan-Nowlin dishes on the secrets of a happy marriage, and Wendy Darling describes the often-complicated dynamics of workplace relationships.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-102 -

- INITIAL FEED DATE: THURSDAY, NOVEMBER 29, 2018 -

S Y N O P S I S

All About Autoimmune Disease.

A wide-ranging discussion of the modern epidemic that is autoimmunity. Dr. Nandi and Tom O'Bryan detail the broad spectrum of autoimmune disease, and how to spot the signs of a problem before it's too late. Also: Keesha Ewers on how suppressed emotions can morph into a physical disease, and more.

This program is closed captioned