

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



## Perspectives

### Archives Available

**November 13th 2019: Be The Joy Seeker and Bring the Joy Back to your Life**

Has the joy been sucked out of your life? Do you feel overwhelmed, hopeless, stuck, or anxious? Are you wondering how you can be happy again? Join me, Dr. Vidisha Patel as I interview Shannon Kaiser - the Joy Seeker. Listen as Shannon shares how she brought joy back into her life and how you can too!

[DOWNLOAD PDF](#)

[GET CODE](#)

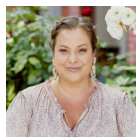
## Tune in

Archives Available on  
VoiceAmerica Health and  
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

## Featured Guest



### Shannon Kaiser

Shannon Kaiser spent decades trying to be more and do more while climbing the corporate ladder, only to end up with clinical depression, anxiety, addiction, and eating disorders. Following the death of her beloved rescue dog, she realized she had become reliant on external sources of joy, feeling lost in striving toward outward chases.

[Read more](#)

## Share This Episode

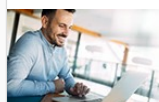
[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

## Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**