

Podcast Series, Holistic Nature of Us

Episode # 4: Meet Robert Radin

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Interview with Robert Radin

Hi, I'm Judith Dryer. Thank you for joining me for this podcast series "At the Garden's Gate" presents The Holistic Nature of Us. My intent is to take us, you and I, into a better understanding of the concept behind our holistic nature and how that ties directly to the holistic nature of the world around us. How can we connect the dots in practical ways that we are nature and nature is in us? I will be featuring authors and educators, practitioners and others whose passion for this earth helps us create bridges. We'll see what's trending, what's relevant to our world today. Not just for land use but to connect the dots between ourselves and nature. It is time for practical action and for profound inner change so our natural world is valued once again.

Today I'm delighted to introduce you to Robert Radin, a fellow author and scientist. Bob's book "EcoSpasm" a sci-fi, environmental thriller intrigued me. I followed the GMO issue, which he touches upon in his book, and I am deeply concerned by the chemicals and genetic engineering used on our seeds and crops and what the future ramifications could be for our health and the planet itself.

So, without further ado let me introduce Bob Radin author of "EcoSpasm".

Judith: Hi Bob, how are you today?

Bob: I'm doing find Judith, how are you?

Judith: Good. Well it's a delight to have you here as part of this podcast series because we're going to be talking about Whole-ism and a holistic approach from a very different angle. So let's talk about you and your story "EcoSpasm". Tell me more about it.

Bob: Ok, well first of all in terms of context of the story. I am trying to get across the need for people to understand the environment, respect it and that will all come out as we talk.

But I wanted to make a point because thinking of the climate change debate today and how frustrating it can be at times when people seem not to listen. And it just seemed that some people can be convinced by facts and documentary than reason but other folks can be, can seem un-persuaded by those methods. Particularly in this area of what we call “fake news”. But they may be moved by direct appeal to their emotions, through drama and fiction. I hope that “EcoSpasm” being a dramatic sci-fi thriller of unintended consequences, that as a novel and hopefully as a movie, may motivate some of those people to reconsider the consequences intended and unintended of the choices we all make and the actions we take in our relationship with the natural world, frankly on which we depend for our survival as a species. So, with that...

Judith: Yes, I'd love to hear more about it, go ahead.

Bob: Well, “EcoSpasm”, as I've said, is a sci-fi; it's an environmental thriller. It's a mystery novel with suspense and surprise. These are the basic story elements and I want to get that across in the beginning so that people have some reference to what we're talking about. So the story elements are genetic engineering of plants gone awry that corrupts the food supply, invades the human genome, and threatens extinction of the human species. In the story, mothers grieve over infants who are dying from mysterious illnesses that have never before been seen by medical science. There's an unusual love story. There's famine. There's human cannibalism. Human cannibalism appears eminent. Here's an over-view from the back cover. It's very brief and this is it. It says; plants have stopped producing nutrients because the photosynthesis process in the plants has ceased. The food supply is collapsing. A small group of scientists led by plant geneticist Dr. Bill Harrison race the clock to rejuvenate the world's dying food chain. But something goes horribly wrong and unintended consequences worsen the starvation. Feeling remorse for his involvement in the catastrophe Bill redoubles his resolve to save humanity from a gruesome fate. But time is running out as he confronts a mysterious illusive powerfully intelligent force that seems to thwart his every move. Will the human species survive or is it game over? So, that's the basics.

Judith: Well, to my listeners, I have read the book and it's a very, very interesting way of presenting a possible dilemma playing it forward just to give a scientific kind of approach to what could happen. If this and this occurs.

Bob, you tell me that "Ectoplasm" explores 3 main themes, what are those themes?

Bob: The first theme, not in any order, but one of the themes is the interdependence that we have with the natural world, our symbiotic relationship with plants. And I like to quote Chief Seattle. The city Seattle is named after this Native American chief. And what he says is whatever befalls the earth, befalls the sons and daughters of the earth. Man did not weave the web of life he is merely a strand in it. What he does to the web, he does to himself. That's attributed to Chief Seattle. So that's the symbiotic interdependence that we have with the natural world.

The second major theme is the Law of Unintended Consequences with science and technology, but more broadly. And so here I quote Professor Mark Stoelher who shows the outline for Law of Unintended Consequences very succinctly, and he says this: "Consequences from human actions often differ sharply from motivations of those that acted." I am going to say that again because it is so important. "Consequences from human actions often differ sharply from motivations of those who acted."

And the third question is this. Is there some kind of super intelligence within Nature, in plants and in us? If there is do we have free will in the presence of such a powerful force?

Judith: Those are very, what I would say deep structural components of the story and I think you do with your characters and your story progress; you really do touch upon all of those, which again, I found very intriguing when I read the book. For myself I don't think we stress enough symbiotic relationship with plants and in today's world unintended consequences are hardly discussed because we're so eager to have the next this, the next that. And then the last question that I like to ask, and especially to my classes and the places that I speak is; there is intelligence in nature and what does that mean for us? I don't think we've ever had a broad or even a personal discussion in a major way about that. Do you agree?

Bob: Oh I completely agree, yes I do.

Judith: Let's take them one at a time. Could you kind of elaborate on those a little bit to give the readers a sense of the depth of your story?

Bob: Sure. Let's start with our independence of the environment. And these are just sort of lessons to start with. If we respect and we nurture the natural world it will support our life and we will thrive. But if we abuse and sufficiently damage the natural world we eventually will perish. If we reverse our destructive behaviors quickly enough, that's important. Quickly enough – we're racing the clock in some areas like climate change. But if we reverse our destructive behaviors quickly enough and become good stewards of the environment we may still be able to preserve our own life. Now I'd say we're at such a crossroads now. Will we choose life? It remains to be seen.

Judith: Well we have evolved over time and we have evolved over the natural world. But sometimes I think Nature is smarter than we are as a human species. I'd like to think that we get to some point in our development where we do become good stewards of the environment. And again, the only way we get that across is through education and part of it's starting with the younger grades so that children understand what it means to be good stewards of the environment and then they become the adults who understand that very concept and then it becomes part of their nature. There are wonderful school systems around the country that are growing their own vegetables and lettuces and fruit for their cafeteria. The kids are getting something in areas in our country but I don't know if it's enough, and that's the question we always ask. Is it enough?

We have developed a symbiosis with plants. Could you tell us further about that?

Bob: It's actually; our relationship with plants is a symbiosis. Plants and animals, including humans, we provide the other with what is needed to survive. We can't survive alone. We need each other. So here's how it works. Plants perform photosynthesis and only plants can do that, animals cannot. And what they do is they breathe in carbon dioxide and water vapor and they use the sun's energy to rearrange and ram those molecules together and they produce sugar and other nutrients, but the main point is they produce sugar and breathe out oxygen. Then humans and animals in general

breathe in the oxygen that plants provide, eat the sugar and breathe out the carbon dioxide that plants need. We use the sugar to create a molecule called ATP. It's in every one of our cells and it's needed for life. Without that we die. It's as simple as that. And then we breathe out carbon dioxide that the plants in turn take in and so on. It's an endless symbiotic cycle. So that's how it works.

Judith: Well that to me is pretty amazing.

Bob: Judith, may I just say, I forgot to say one thing. I'd like to, in terms of the symbiotic relationships and coming to your issue of children. I recently was watching a PBS spirit television thing and it talked about a symbiotic relationship with giant sequoias and it's really quick and I want to mention it.

The giant sequoia trees are about 300' tall, 30' in diameter. They're the largest trees on the planet but they have very shallow roots. That's what they lack. They lack a deep root system. They're only about 3' deep. I've seen oak trees, giant 100-year-old oak trees blown over in hurricanes because once the roots get soaked and the soil gets muddy and the roots aren't deep enough the trees fall over. And that's the situation with the sequoias. They only have 3' deep roots. But, here's the symbiosis between them. The roots are interconnected. The roots from different sequoias are interconnected with each other and entwined so that if one tree is hit by a large wind blast or something, it doesn't rely just on its own roots but it relies on the roots of the collective and it doesn't blow over. In addition to that there is a fungus which acts to facilitate the intertwining of the roots. And the fungus has a lack itself because fungus cannot do photosynthesis and they have to rely on organic matter to survive. But what the sequoias do is they feed sugar to the fungus, so it's a beautiful symbiosis. I just wanted to mention that.

Judith: That's a great example of how the symbiotic relationship works, not just from the oxygen/carbon dioxide model but also what goes on underneath the ground which I find really fascinating that there's this huge network of facilitators. They share nutrients under ground. I don't think nature is set-up to annihilate itself and from what I've studied in other medical models that are based on nature, we begin to see that everything that happens on the outside world, happens on the inside world. And that leads us to understand that there's an interconnection. So that's such a great, great example.

What about the second theme in “EcoSpasm” – the Law of Unintended Consequences? Can you give us a couple of examples?

Bob: It is so big. It’s so big an issue in everything in life. First of all in EcoSpasm itself it’s in there as a very important theme so the plants have ceased performing photosynthesis as I mentioned and they stopped producing sugar. And the scientist believes; now this story takes place in the year 2104. It’s about 85 years from now. So our technology will be way advanced compared to now but the science believes that century long use of poison pesticides have damaged the plants. And so the genetic engineers invent a non-toxic pesticide substitute called MCGX. It’s non-toxic. They are certain it’s safe for humans and plants as well but then something unexpected and unintended happens and the consequences are huge and devastating. While EcoSpasm involves unintended consequences of genetic engineering it’s much broader than that. It’s about unintended consequences more generally and I want to give you a couple of examples. One, in my own experience, sort of, I had a postdoctoral fellowship at National Cancer Institute and I was working in cell biology. What we were doing was we were growing cancer cells in a petri dish and we were using radioactive isotopes of iodine in the process. The nutrients in the petri dish were radioactive. And I was concerned. We had to be very careful with that stuff. We took iodine pills for safety and I began to wonder what might go wrong. Fortunately nothing did. But about four years later I attended a very large meeting in Washington D.C. and the meeting was there to discuss a proposal and the proposal was whether or not a biology lab, and I think it was a military lab, should start producing dangerous viruses and deadly pathogens in the lab. And I had remembered my concerns just about the radioactive iodine. By the way, there was an audience of hundreds of people and there was a panel of experts on stage. So, I took the microphone and I started talking about my concerns and I got shouted down. I didn’t know what hit me. I was really very naive in those days and I just clammed-up, but one of the experts on stage immediately came to my rescue and I remember he was kind of a slim fellow with red hair and he was a Ph.D. Biology professor from Harvard University and he said, “No, no, no, let me tell you this story.” There was a biology lab that was growing cells in radioactive culture medium, just like I had been doing, right? The technician put the petri dish with the radioactive cells and medium into a locked cabinet for the night. Unfortunately he forgot to put the top on the petri dish, so it was open. And some ants discovered the petri dish and

started feasting on the nutrients and became radioactive and traipsed around the entire laboratory and contaminated the entire laboratory. So there's an example of unintended consequences. There's one. The second one I'll make very quickly, but believe it or no in the late 1960s we almost dropped a live hydrogen bomb over our own country in Goldsboro, North Carolina. It's a story that only came out recently from Freedom of Information request but the gist of the story is that a B-52 bomber carrying two hydrogen bombs disintegrated in mid-air and the bombs dropped. Apparently one of them fell harmlessly to the earth. The other one didn't. The parachute opened just as it would if it were a weapon. A switch, fortunately, stopped the bomb from going off. It was one switch that went off and they were concerned that the switch could have been damaged by a lightning bolt. Well it turns out later, further investigation into that story showed that the switch actually failed. The hydrogen bomb would have blown up over North Carolina except there was a second switch. And that second switch also was vulnerable to a lightning bolt. So there's another case of unintended consequences. And the third one I want to mention is just that, I'm going to be very careful what I say here but according to the stories on Goggle News, and I have to be careful about that, there's a professor somewhere in the United States who has developed a version of the 2009 avian flu that is a pandemic virus. In a laboratory he created it and if it ever got out it would kill a billion people. There is no vaccine for it. So those kinds of things are going on and people seem to ignore the unintended consequences of what they're doing at times, which I think is awful.

Judith: And we also have that history of doing that. I remember when I was studying for my masters, cottonseed oil for example and I had called various agricultural departments in various states across the country. I was appalled to learn that while we have the science for something as detrimental we would do it anyway. I don't understand where the integrity is of why you're not careful with consequences and that goes back to respecting the planet and respecting our species. Not just the human species but all species on the planet. We have developed pesticides to kill a particular fish in a pond, but they ended up killing everything else, so that the pond was effectively sterile and nothing could live in it. Unfortunately we seem to learn by error and trial rather than playing it forward to see if it's really safe, as it makes sense from an ethical / moral point of view. So that story is very sobering, let's put it that way. Bob you have another theme in EcoSpasm. What do you feel about a super intelligence in nature and plants and us? And I find the section of free will to be a very intriguing one.

Bob: It think it is too. I'll just come back to what you were just saying, by the way, the examples you gave, very quickly. And I want to say this because it's important. EcoSpasm is not anti-science or anti-genetic engineering. Genetic engineering is starting to become effective in treating or helping to cure cancer and other incurable diseases. It's just that we have to be very careful of the unintended consequences of it.

So the third thing: Is there a kind of super intelligence in nature and plants and in us and if there is do we really have free will? And I raise those issues in the story. There's a dialogue between the protagonist, who is a Western scientist who has a serious interest in meditation, but he's really a Westerner and he firmly believes in human free will. And he has had the dialogue with an Eastern mystic who believes there's an over-riding super intelligence called unconsciousness and that mind consciousness, the over-riding super-intelligence in all of life values harmony among living things and is calling the shots. In other words, as the ultimate free will. And I raise these questions, I don't try to definitively, I don't presume to definitively answer them. I don't pretend to have an answer. It's a very complex subject and these are age-old questions. But, if anyone is interested, there's a whole chapter in there and that dialogue in it explores that to some depth.

Judith: I found that fascinating from a reader point of view to bring in the opposite so to speak and have some kind of dialogue about it. I thought that was a very good writing technique to developing the story and moving the story forward.

So, you have a science background. What prompted you or sparked you to write the sci-fi book on this kind of topic?

Bob: It's kind of funny in a way because the idea for the story came suddenly, literally, decades ago. It's almost embarrassing to say this. But, it was in a question and answer that just popped into my mind. The question that popped into my head was what would happen if the plants stopped producing photosynthesis and therefore ceased producing sugar and other nutrients. And I knew the answer. All animals and food and humans would cease to exist and that's because animals can't produce their own food. Only plants can produce food, which animals must eat to form the bottom of our food chain or else we'll all die. I wrote a few chapters of the story and then I realized I had no idea where this story was going and I put it away for

years because I was really focusing my attention on launching my university teaching career. And then I picked it up later, obviously. I picked up the story years later. As far as the science background, I have a B.S. in Physics from Reseller Poly Tech Institute and a Master and Ph.D. in Theoretical Physics from the George Washington University. And while I was in graduate school I was also working in U.S. Government laboratories. So I have about 10 years of research there in U.S. Government laboratories. And then I had mentioned that post doctoral research fellowship in Biophysics and Cell Biology at the National Cancer Institute. So that's my background.

Judith: So the GMOs have been a very hot topic and you played that forward and the possible consequences. Can you give the reader briefly some good signs?

Bob: What we think of as GMOs, mostly we think of the word Monsanto and Round-Up. It's much broader than that. GMO stands for genetically modified organism and it could be anything. And in EcoSpasm there's a question of whether human beings themselves will become the ultimate genetically modified organism. Whether we ourselves will become genetically modified. But where you think of it as GMO foods, we go to Whole Foods and places like that. So anyway, controlling weeds has always been a big challenge for food crop farmers. I'm a vegetable gardener, not a farmer, but even with a half acre vegetable garden the weeds are incredibly difficult to deal with. So in 1974 the Monsanto Company introduced its powerful herbicide, aka weed killer, called Round-Up which we're all familiar with and it was very good at killing weeds. And then about two decades later in 1996 they introduced what they called Round-Up ready seeds. Those seeds were genetically engineered to tolerate the Round-up herbicide. In other words, you could spray these plants with these genetically modified seeds, you could spray them with incredibly strong herbicide and nothing would happen. They'd survive it. Well that's great if you're a farmer because if you grow crops now, food crops, with these genetically modified seeds, which came to be known as genetically modified organisms, GMOs, you can plant these crops with these seeds and then spray the crops with Round-Up and then what happens is all the weeds get killed and the food crops survive. It's a brilliant system but it had unintended consequences. Round-Up appears to cause cancer and birth defects and all kinds of terrible things among the workers on the farms. So one question about GMO foods that we kind of wonder about are they safe to eat? It's debatable. The National Academy of Science, Engineering and Medicine in

a May 2016 report. I'm sorry; they produced a major report on GMOs in May of 2016. It's a very long report. But the apparent take away, according to newspaper editorials is that the GMOs are safe for human consumption. That's what the newspaper editorials declared. I remember that. So a little later in 2016, in December, the New York Times had an article about the National Academy of Sciences, Engineering and Medicine about a different issue they were addressing which is biotechnology. And there are panels that advise the entire academy. There's a panel of half a dozen or a dozen people, maybe a dozen people that look into the research and come to their conclusion about it. And the New York Times posted a story in December 2016 and there's like a quote about it that the panel is rife with conflicts of interest. And they name the panel members and they elucidate what kind of conflicts they have. Now the GMO report was issued by a different panel. But it does make you wonder. I mean if some of these panel members have conflicts with the very industry that they are advising about, or supposedly being objective about, it makes you wonder. I don't know any longer whether I can trust those editorials that say that GMOs are safe. So, the jury is out for me.

Judith: Well I'll tell you, a couple of years ago, I don't know if you've heard of Ocean Robbins, but he and his father, who is John Robbins of the Baskin and Robbins fame, they conducted a GMO summit which I took part in. And if anybody's interested you can go to my blog on my website, WWW.JUDITHDRYER.COM and you can look up a very practical explanation of what the GMO actually is and what it isn't, just to expand on your topic, but go ahead Bob.

Bob: Well, um, genetically modified organisms more broadly are very hot topics. Do we want genetically modified children? Back in 2003, I believe it was, Bill McKibben, whose a very well-known environmentalist, wrote a book called "Enough" and he was explaining again the unintended consequences of having designer kids, children and that's come very close to starting to happen now. There have been taboos against it. The taboos are falling down. There's a new genetic engineering technique called Crisper which makes genetic engineering and changing of DNA far, far easier than ever it was. It's a very serious issue of what's going to be the future of the human species; what kind of world we're going to live in.

Judith: It is. It is because, as you mentioned before, I think you shared with me just from an unintended consequence point of view; cell phones are

great. But, you didn't realize an unintended consequence of amazing deaths from traffic accidents because people are busy on their phones. So it raises a lot of questions. Are we prepared for the future? Have we thought about the moral and ethical obligation to the future with these scientific advancements?

Bob: Let me put it in humorous terms. You know Murphy's Law. Anything can go wrong; will go wrong and at the worst possible time. And then someone once said Murphy was an optimist.

Judith: That's funny, that's funny.

Bob: This is not to be a naysayer. It's not to be negative. It's to be careful.

Judith: Exactly, exactly. So, if I connect the dots here with the various points that you've made and your interest and curiosity in writing a story about a possibility, which concept under the holistic framework do you feel your book responds to the most, or you personally respond to the most?

Bob: Yeah, the thing that really, I really dig into in my own thinking is the idea inherent in all things. In humans, in nature, in the Universe itself, that everything has a light side that enhances life and a dark side that damages or destroys life. For example, just think of a gentle breeze in the springtime and it travels through the petals of a flower and disturbs the pollen and the pollen goes on the breeze and then the pollen reaches another flower. And what is that doing? It's to create the next generation of flowers. It enhances life. It generates life. So the breeze, the wind, is part of nature's way of procreating life. But take that same physical property, the wind, and ramp the speed up to tornado speeds and it destroys everything in its path. And I think everything in life has that light side and that dark side. Genetic engineering and medicine promises miraculous cures of diseases but in the hands of some people who insist on creating pandemic viruses in the laboratories, as I mentioned before, it could also wipe out billions of people. The Buddhists speak of enlightenment within us as well as the darkness innate in human life and in that way of thinking, for us humans, our battle is to enhance our enlightened energies and diminish our darkness energy or transform the darkness to create value through an inner revolution. It's called human revolution. Even Carl Jung talked about the shadow; the shadow side of a human psyche. And what's not good is to repress the shadow. That leads to neurosis. And in psychology, and what's not good is

to deny the shadow, to deny the dark side. It's not to dwell on it. Again it's not to be a pessimist. But it's also not good to just blithely go along and say nothing can go wrong because things do. So that's the concept that most animates me is this whole idea of the light and the dark as a fundamental entity of the universe itself.

Judith: So I think that's a good point to make. We could talk about that for the next three days.

Bob: Exactly!

Judith: And there are such great authors and writers out there who are working in the field of personal transformation. Carolyn Myss for example happens to be my top "got to person" for understanding the shadow, the light and helps me integrate my own shadow and light side. It's all about integration. It's all about understanding who and what we are and when we do that I think we're better human beings, number one, and I think we realize our interconnectedness, number two, and it brings forth a different sense of compassion and that's what I hope to do with some of these podcasts is to inspire people to rethink, especially their relationship to nature for example.

Is there anything else you wanted to talk about before we conclude?

Bob: I just to reiterate a few, well first I want to reiterate what I said about people, about how people tick, about how we all tick. And again, some people can be convinced by facts and documentaries and reason. And I'll say it again, but other folks can not be persuaded by those methods. They just resist letting the facts in. But they may be moved by direct appeal to their emotions through drama and fiction and that's what I hope. That's one of my goals in promoting EcoSpasm as a dramatic Sci-Fi thriller, unintended consequences as a novel and hopefully as a movie, that may motivate some of those people who have resisted documentaries and resisted facts to reconsider the consequences intended and unintended. Of the choices, it's the choices we make and the actions we take in our relationship with the natural world. And I want to emphasize again, on which we depend for our survival as a species.

I guess if there's time I'd like to read a few excerpts. There's a Nobel Prize winning environmentalist by the name of Eric Chivian, M.D. and he read the

book and he did a review of it and he kind of supports some of the themes that I've been talking about. And so I want to quickly just read a few excerpts frankly of it.

And he says, first of all he comes up with his own examples of unintended consequences that I hadn't thought of. For instance x-rays. I didn't know this but we used to use x-rays to x-ray people's feet when they were in the shoe store before we realized that they were dangerous and he goes on to other examples. But he said in *EcoSpasm*, and this is a shameless plug, but he captures it so well. He says, "In *EcoSpasm* Robert Radin has well captured this dual aspect of scientific innovation-both its great promise and its unintended consequences. He has produced a page turner that issues a warning about our increased reliance on genetically modified (GM) food crops and on the pesticides on which these crops depend. Though he is a theoretical physicist, Dr. Radin is clearly well informed about the complex interdependence of our planets, plants, animals and microbes and about whom we human beings are an integral and intimate part of these living systems. *EcoSpasm* provides a lesson that we ignore at our peril but by our ever increasing reliance on GM crops, which are now planted on some 170 million acres in the United States, almost half of all U.S. farmland, and by our ever increasing reliance on the mixture of herbicides and insecticides and fungicides applied to these crops, we are, in essence performing an experiment on the living world, including on ourselves, an experiment for which we have little to no data about the potential consequences, an experiment for which we have not given our informed consent. The result is Dr. Radin warns could end up being catastrophic." And he closes by saying "I recommend this highly engaging and thought provoking thriller to all." And he is Eric Chivian, M.D. Founder and Director, Center for Health in the Global Environment, Harvard Medical School. So I think he captured it very well.

Judith: Oh I think he did too. So where can the readers get your book?

Bob: Oh, it's available for purchase on Amazon and the nice thing about Amazon is that they provide a few sample chapters, a few sample selections. But they're the first few chapters. So you can read it for free on line and see if it interests you. There's also some information available on my website. So my website address is www.robertradin.com and I'm currently working on it to revise a screen play for *EcoSpasm* so I'm looking obviously, for a producer and for an agent for that. So thank you very much Judith.

Judith: Oh, you are welcome. I'm so grateful that you could join us today. I know that I was intrigued by the book. It is a page turner, I will tell you that. And I can't be a spoiler about how it ends. I hope you feel as inspired as I do by Bob's practical talk and practical advice but also what's behind a work of fiction. A sci-fi thriller fiction that actually can have some connection to thinking about what kind of future we want and that's intrigued me for bringing Bob on to The Holistic Nature of Us.

So I'm going to say thank you Bob and I'm going to conclude this podcast.

Again, this is Judith Dryer author of the book, "AT THE GARDEN'S GATE" BOOK AND BLOG AND MY BOOK "AT THE GARDEN'S GATE" IS AVAILABLE THROUGH MY WEBSITE WHICH IS WWW.JUDITHDRYER.COM OR IT'S AVAILABLE ON AMAZON, -----, INDIGO, AS WELL AS THROUGH THE ENGLAND DISTRIBUTION NETWORK. VISIT MY WEBSITE FOR A REPLAY OF THIS PODCAST AND OF COURSE ALL REVIEWS ARE WELCOME.

SO THANK YOU AGAIN FOLKS AND HAVE A GREAT DAY.