

LEGAL NURSE

HOSTED BY PAT IYER



375 Soothing Stress Reduction for LNCs

Welcome to Legal Nurse Podcast. Today's show is different. Many LNCs are feeling anxious right now. JV Crum, who is a business leader and an attorney, contacted me to request that I share this program with you. I got to know JV Crum through my involvement in the podcasting community. His goal is to share this audio with 1000 podcasters and reach tens of millions of people.

In this audio, JV Crum shares a new neuro linguistic programming technique. After JV Crum shares his technique, Katie Krimitsos takes over. Katie is the host of Women's Meditation Network. Katie's husband Chris planned the Podfest 2020 conference I attended in early March 2020, just before the Corona virus changed our lives.

Listen to this program when you can sit still and enjoy the process. Do not have this audio play while you were driving. I'll be back next week with my podcast.