

Impossibilities vanish in a well-wired brain...

Do your goals and dreams seem out of reach?



With Dr. Adrienne Ahern

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Move Over Dr. Phil – Dr. Adrienne Ahern Teaches You How to Rewire Your Brain to Confront Life’s Challenges for Greater Success and Wellbeing

Feeling depressed, overwhelmed, frustrated, stressed out? Clinical psychologist Adrienne Ahern has a solution – Snap Out of It NOW!®

Dr. Ahern, renowned for her pioneering work in developing human potential, has developed a breakthrough methodology to help train the brain to support optimal health, success, and well-being. Ahern can teach you how to rewire your brain to meet and conquer life’s challenges.

In today’s uncertain economic and social climate, people want to relieve anxiety, regain control of their lives and find positive solutions, but many are bogged down by years of negative conditioning. The proven Snap Out of It Now!® method, developed by Ahern during her over 15-years of private practice and organizational consulting, integrates the disciplines of psychology, psychophysiology, neurofeedback, and personal achievement analysis. Dr. Ahern provides unique strategies and concrete tools to rewire the physiology of the brain so it works for us, not against us.

The negative conditioning of our brains controls us, and sends us messages that have emotional and physiological control over us – it’s a powerful force that holds us back – but we can take charge and rewire our brains to unleash its power in positive directions. Dr. Ahern teaches simple yet powerful techniques to train the brain to support what we really want in life – more fulfilling careers, optimal health, and satisfying relationships. Her method helps us identify and rewire negative conditioning in order to meet life’s challenges with confidence, reduce the impacts of stress, and experience more energy and joy in our lives.

Ahern, a respected bestselling author and national speaker, follows in the

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footsteps of great motivational gurus such as Leo Buscaglia, John Gray, Suze Orman, and Wayne Dyer, by launching her national television debut in the public broadcasting arena.

SNAP OUT OF IT NOW!® WITH DR. ADRIANNE AHERN premieres spring 2009. Learn how to uncover counter-productive brain conditioning, snap out of mental mediocrity and unleash maximum potential. Snap Out of It NOW!® puts us back in the driver's seat, gives us the tools we need to face challenges with confidence, and provides the key to unlocking and rewiring the brain so we control it instead of it controlling us.

Filmed before a live audience, the interactive, fun and engaging Dr. Ahern will teach you how to breakout and breakthrough to reach your goals and enrich your life!

About American Public Television

With more than 10,000 hours of programming in its library, American Public Television (APT) has been a prime source of programming for the nation's public television stations for 47 years, distributing more than 300 new program titles per year. APT milestones include distribution of the first HD series on public television and the 2006 launch of Create – the TV channel featuring the best of public television's lifestyle programming. Known for its leadership in identifying innovative, worthwhile and viewer-friendly programming, APT has established a tradition of providing public television stations with program choices that strengthen and customize their schedules, such as *Carreras Domingo Pavarotti in Concert*, *Winged Migration*, *Battlefield Britain*, *Globe Trekker*, *Rick Steves' Europe*, *Great Museums*, *Jacques Pépin: Fast Food My Way*, *America's Test Kitchen From Cook's Illustrated*, *Broadway: The Golden Age*, *Lidia's Family Table*, *California Dreamin' – The Songs of The Mamas & the Papas*, *Rosemary & Thyme*, *P. Allen Smith's Garden Home*, *The Big Comfy Couch*, *Monarchy With David Starkey*, and other prominent documentaries, dramatic series, how-to programs, children's series and classic movies.

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About KNPB

Through a system of 18+ translators, KNPB television signals reach communities throughout northern Nevada and California east of the Sierra Nevada Mountains providing the region with its only local access to public television programming and educational services.

KNPB currently broadcasts 3 digital channels:

KNPB Channel 5.1, Flagship Public Broadcasting channel, a hybrid of SD and HD Public Television programming. This schedule also broadcasts on analog channel 5, due to be turned off on February 17, 2009.

KNPB Channel 5.2, *Create TV*, Public Televisions top shows in Cooking, Arts & Crafts, Gardening, Home Improvement and Travel.

KNPB Channel 5.3, *V-me*, is the first national Spanish-language television network presented by public television stations that entertains, educates and inspires families in Spanish with television programs specially adapted for American Latinos.

KNPB Reports offers audio news features streamed on the KNPB website, and KNPB productions in both standard and high definition are regularly posted on YouTube and iTunes.