

Moments with Marianne Radio Show Takes Center Stage with Meaningful Conversations

Highlighting transformative discussion with authors, screenwriters, music producers, and thought leaders

SOUTHERN CALIFORNIA, CA, UNITED STATES, August 17, 2026
/EINPresswire.com/ -- Moments with Marianne Radio Show, hosted by award-winning radio host Marianne Pestana, brings meaningful conversations with leading authors, thought leaders, experts, and changemakers to listeners across Southern California and around the world. Airing weekdays during prime drive-time on KMET 1490 AM and 98.1 FM, an ABC News Radio Affiliate, the show explores timely ideas and inspiring stories.

[Moments with Marianne Radio Show welcomes:](#)

What Nature Teaches Us with Amber Vilhauer

What if the greatest lessons your child will ever learn are waiting just outside the door? Amber Vilhauer explores the message behind her new book, What Nature Teaches Us: A Book About Being the Light.

www.choosethelight.com



Som Phin

Dr. Tommy Wood

Amber Vilhauer



Marianne Pestana

You Are the Parent with Dr. Siggie Cohen

Could your parenting style be hurting your children without you even realizing it? In *You Are the Parent: Move from Overparenting to Balanced Parenting and Become the Leader Your Child Needs*, Dr. Siggie Cohen offers insights for parents seeking a more balanced approach.

<http://www.drsgiggie.com>

EXES: An Action Film with Lee Ehlers

Can exes put aside their history long enough to survive the mission?

Screenwriter Lee Ehlers brings listeners inside his action-packed new film, *EXES*, now streaming on Amazon. Ehlers is an award-winning screenwriter and producer with more than 15 years of professional experience writing for television and feature films. www.leethewriter.com

Watch *EXES* on Amazon: www.primevideo.com/detail/0RUUS4XN1DOVX4HF2M3DDHS16I

Inside the World of The Goodpasture Chronicles with R.J. Halbert

Following the success of their bestselling, award-winning novels *Caretaker & Servant*, Rhonda and Jason Halbert return with *Architect*, the powerful final novel in *The Goodpasture Chronicles*. The authors share the story behind their gripping new release and the creative worlds that have shaped their work. Jason Halbert is an Emmy and Grammy Award-winning producer, songwriter, music director, and producer for Kelly Clarkson. Rhonda Halbert spent the past decade as a successful music and television manager, building strong relationships with labels, networks, and producers. www.rjhalbert.com

The Dancer's Shadow with Som Phin

Can fantasy, time travel, and storytelling help preserve Cambodia's rich history, folklore, and cultural heritage for future generations? Cambodian-American author Som Phin takes listeners into the world of her new novel, *The Dancer's Shadow*. www.somphin.com

The Science of Frequency Healing with Michael Upstone

What if frequency could play a role in supporting the body's natural ability to heal? Michael Upstone examines the ideas in his *Frequency Healing* book series and his work with Keep Health Scientific Research. With more than 18 years of experience working with advanced home health



Moments with

Marianne

MAKE EVERY MOMENT COUNT

abc
1490 AM
KMET
98.1 FM

Moments with Marianne on KMET 1490AM & 98.1FM

technologies, Upstone serves as President of Keep Health Scientific Research, an international health research association based in Austria. www.keephealthresearch.org

Born Aware with Diane Brandon

What if your very first memory happened before you were born? Diane Brandon shares insights from her book, *Born Aware: Stories & Insights from Those Spiritually Aware Since Birth*. Brandon is an author, Integrative Intuitive Counselor, Intuition Teacher, Business Consultant, and speaker specializing in personal path, growth, and dream interpretation. www.dianebrandon.com

Future-Proof Your Brain with Neuroscientist Dr. Tommy Wood

Could the choices you make today help keep your mind sharper, stronger, and more resilient for decades to come? Neuroscientist Dr. Tommy Wood explores the ideas behind his book, *The Stimulated Mind: Future-Proof Your Brain from Dementia and Stay Sharp at Any Age*. Wood is an Associate Professor of Pediatrics and Neuroscience at the University of Washington, where his research focuses on brain health across the lifespan. www.drtommywood.com

The Nature Embedded Mind with Julie Brams

What if the key to improving mental health, reducing anxiety, and creating a healthier future lies in reconnecting with the natural world? Julie Brams, MA, LMFT, considers this question in her Nautilus Award-winning book, *The Nature Embedded Mind: How the Way We Think Can Heal Our Planet and Ourselves*. www.juliebrams.com

We Need to Talk About Cancer with Dr. Sanjay Juneja

How do we talk about cancer with less fear and greater understanding? Dr. Sanjay Juneja offers perspective from his book, *We Need to Talk About Cancer: An Important Book for Patients, Family, and Friends*. He is a triple board-certified hematologist and medical oncologist serving as Vice President of AI & Medical Informatics for Tempus AI. <http://www.sjunejamd.com>

Life Beyond the Binge with Colleen Clifford

How do you know when “just one more” becomes too much? Colleen Clifford recounts the story behind her book, *Life Beyond the Binge: A Commercial Fisherwoman’s Journey Home*. Clifford has spent more than three decades in the commercial fishing industry, living and working at sea for months at a time aboard one of the largest vessels in the Bering Sea. www.lifebeyondthebinge.com/book

Moments with Marianne Radio Show airs weekdays at 8:06 a.m. PT / 11:06 a.m. ET, and Sundays at 10:06 a.m. PT / 1:06 p.m. ET on KMET 1490 AM and 98.1 FM. Episodes are available internationally on major podcast platforms, including Apple Podcasts, Spotify, iHeartRadio,

Audible, Pandora, YouTube, and more.

Listen to the Moments with Marianne Radio Show archive on [SoundCloud](#)

To learn more about Moments with Marianne Radio Show and interview opportunities, visit:
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