

### WUFT-DT, HD Channel 5.1

- (part 1)..... Jan. 4, 2010, 9–11 p.m.  
Jan. 10, 2010, 5–7 p.m.  
(part 2)..... Jan. 5, 2010, 9–11 p.m.  
Jan. 17, 2010, 5–7 p.m.  
(part 3)..... Jan. 6, 2010, 9–11 p.m.  
Jan. 24, 2010, 5–7 p.m.

### WUFT-DT, Channel 5.3

- (part 1)..... Jan. 6, 2010, 6–8 p.m.  
(part 2)..... Jan. 7, 2010, 6–8 p.m.  
(part 3)..... Jan. 8, 2010, 6–8 p.m.  
(parts 1–3)..... Jan. 9, 2010, Noon–6 p.m.

**T**his three-part series explores improving our social relationships, learning to cope with depression and anxiety and becoming more positive, resilient individuals. Each episode weaves together the compelling personal stories of ordinary people and the latest scientific research along with revealing comments from celebrities like Chevy Chase, Larry David, Alanis Morissette, Robert Kennedy Jr. and Richard Gere.



# THIS EMOTIONAL LIFE

