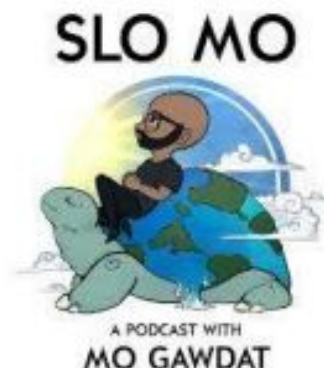


**New Episode of Slo Mo: A Podcast with Mo Gawdat features guest
Dr. Edith Eger**

“If Eisenhower and Churchill hadn’t joined forces and invaded Normandy, I wouldn’t be here with you today. I’m so grateful that they came to get me - I think I was saved so that I could guide other people.” - Dr. Edith Eger on Slo Mo Podcast



Hosted by entrepreneur, bestselling author, and former Chief Business Officer of Google X, Mo Gawdat, Slo Mo podcast features interviews that explore the extraordinary lives of everyday people and celebrates the common pursuit of happiness found in all who live a life of passion.

A special two part episode (with part 1 releasing on 8th October and part 2 on 11th October), is launching as part of the Jewish Sukkot holiday - welcoming **Dr. Edith Eger**, internally acclaimed psychologist and author of 'The Gift: 12 Lessons to Save Your Life', and 'The Choice: Embrace The Impossible' to the podcast.

In 1944, whilst living in Nazi-occupied Eastern Europe, Edith was sent to Auschwitz with her family and tragically her parents were sent to the gas chambers. In 1945, a young American soldier noticed Edith’s hand moving slightly amongst a number of dead bodies, he quickly summoned medical help and brought her back from the brink of death.

In this deeply moving conversation which brings Mo to tears, Edith shares her life’s work of implementing healing and forgiveness, and why this is crucial to creating freedom from restraints. Through her horrific experience in Auschwitz, Edith shares how humans allow themselves to be so easily manipulated, and removed from the suffering of others.

Edith also speaks openly about the biggest enemy to the human race - ignorance, and why we must always question authority, rather than blindly adhere to it.

In Edith’s words:

‘When a country is experiencing economic problems, somebody will come up with lies. When we as humans are hungry, we become brainwashed, and we ultimately believe the lies. One of the biggest gifts to God is a gift of memory. I want to share with the world what happens when good people, unfortunately give up their freedom and commit themselves to evil.’

[Slo Mo: A Podcast with Mo Gawdat](#) is available on Apple, Spotify and all major podcast platforms. For interview requests, please contact faith@magscreative.co.uk.

Previous guests on the podcast have included **Zev Siegl** co-founder of Starbucks, the fifth grandson of Mahatma Gandhi, **Arun Gandhi**, biologist-turned-buddhist monk **Matthieu Ricard**, British-Swiss philosopher **Alain de Botton**, Happiness author and lecturer **Dr Tal Ben Shahar**, and buddist monk **Haemin Sunim**.

Notes to editors: Mo Gawdat is a successful entrepreneur, former Chief Business Officer for Google X and the best selling author of 'Solve for Happy: Engineer your Path to Joy'. Throughout his 12 years of research, Mo discovered an algorithm and well engineered model on attaining an uninterrupted state of happiness through life's trials. Mo's One Billion Happy mission is to teach his message of happiness to billions of people across the globe.

About Edith: A native of Hungary, Edith Eva Eger was just a teenager in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp. Her parents were sent to the gas chambers but Edith's bravery kept her and her sister alive. On May 4, 1945 a young American soldier noticed her hand moving slightly amongst a number of dead bodies, he quickly summoned medical help and brought her back from the brink of death. In 1949 she moved to the United States, and in 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas.