

# New Haven Register



Radio advice show host Raeleen Mautner is on the air Sundays at 7 a.m., accompanied by her Shih Tzu, Bella. (Melanie Stengel/Register)

## This radio show could change your life

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By Pamela McLoughlin, Register Staff

Have you ever dreamed of becoming a published author? Ever wonder how to handle Valentine's Day if you don't have a love? Do you wish you knew how to use social media in the search for employment? Want to know how to make new year resolutions that stick?

Advice on these and many other everyday questions can be found early Sunday mornings on one of the hottest self-help and advice radio shows in the state: "The Art of Living Well," hosted by University of New Haven psychology lecturer and certified life coach, Raeleen Mautner.

Better known on the air as "Dr. Raeleen," she begins the show on WNHU, the UNH radio station at 88.7 FM, by thanking listeners for getting up so early — the show starts at 7 a.m. — and tells them the content of the show is where psychology has practical application.

Her voice is confident, soothing and she moves between subjects with the grace of a seasoned radio pro.

Mautner asks the audience if they feel beaten down by the economy or global tragedy, then tells them, "Today is all about dreams," as in aspirations. She gives those who call or e-mail ahead of time some practical advice, such as to think in terms of a real goal in order to be able to form a clear strategy. She tells them to write down their dreams, visualize them for five minutes in the

morning and evening, then make a plan.

She gives lots of wisdom nuggets along the way, such as, “to get bold and get going,” and even tells them how to relieve anxiety by taking slow abdominal breaths and exhaling through the mouth.

But lest anyone think it’s just psycho-babble, Mautner backs up each topic with an expert guest. Recently, on a show about how to become a published author, Mautner brought on UNH lecturer Stephen Spignesi, author of some 50 books, one of which made it to the New York Times Bestseller List.

“You’re the real deal,” she said, after introducing Spignesi. He told the audience he wanted to be a published author by age 36 because his dad had died at 36. Spignesi accomplished the goal at 34.

“When I set my sights on that goal, I refused to say, ‘No,’” he said.

That’s the kind of resolve Mautner wants others to have and has certainly demonstrated it in her own life.

Now a Wallingford resident, formerly a longtime North Haven resident, Mautner credits her early childhood experiences in an Italian family and community in New Haven’s Fair Haven section with teaching her how to get through life and make it joyful at the same time. Those experiences were the inspiration for her book, “Living La Dolce Vita,” which she describes as being about “how to live a simple, balanced life and how to savor the joy of each moment.”

Mautner said she was always the type of person who set goals and accomplished them and because of that, often found people seeking her advice. Just like everyone else, the mother of three has had personal heartbreaks, including the sudden death of her husband of 32 years about a year ago.

Mautner started with an undergraduate degree in political science and Italian, and was turned on to psychology in graduate school, earning a master’s degree in the field. She later earned a master’s degree in educational psychology.

She said some people think life coaches are therapist wannabes, but she said they’re actually motivators. The benefits of self help steps, such as writing a journal as a therapy, are well documented, she said.

Mautner said research shows that if you break life into “small doable goals,” success comes easier. For example, if you have 25 pounds to shed, a good approach might be to start by cutting one dessert a day.

She thinks of herself as “an anonymous friend out there in the world.”

We all have the same issues and challenges by virtue of being humans,” Mautner said. “I have a

wealth of knowledge, experience. This is really helping people to get through the challenges.”

WNHU is the state’s number one college radio station. Station manager Bryan Lane said “Dr. Raeleen” is so popular after only two months on the air, he’d like move her to a weekday at 8 a.m., when folks are listening to the radio on their way to work. But Mautner said it’s impossible with her teaching and advising schedule to switch times during the week.

“She gets more calls than anyone in recent memory. I think that’s miraculous at 7 o’clock on a Sunday morning,” said Lane, a professor of communication, film and theater at UNH.

Mautner’s segue after a break: “Welcome back to the art of living well. If you can dream it, you can have it.”

Mautner occasionally engages program director Michael Valente, 21, whom Mautner believes brings a nice generational contrast to the show.

At one point during a recent show she asks Valente, “Do you have a favorite philosopher?” to which he first says, “I don’t know any philosophers,” then remembers Plato, but doesn’t remember anything he said.

That’s Mautner’s cue to quote Marcus Aurelius, who said, “It is not death that a man should fear, but he should fear never beginning to live.”

Valente said the show really resonates with people, something he can tell by the number of calls and e-mails compared to other shows on the station.

“It was an instant hit,” Valente said.

To contact “Dr. Raeleen” during the show, call 203-479-8807 or to find out more or e-mail a question, visit her Web site at [www.raeleenmautner.com](http://www.raeleenmautner.com). The show is also streamed live at [www.wnhu.net](http://www.wnhu.net).