

It Takes a Village: How Systemic Humanity Changes Lives with Dr. Michael Libertazzo

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As we close out Mental Health Awareness month, host **Pat Barbarito** explores the idea of systemic humanity through the extraordinary life story of featured guest, **Dr. Michael Libertazzo**.

From the heartbreak of a misspent youth to the hope of completing a nontraditional educational path at the highest level, from serving among September 11th's first responders to facing a seemingly unbeatable cancer diagnosis, from supporting doctors, nurses and other healthcare providers during the early days of the COVID-19 pandemic to rallying financial assistance for rescue dogs in the United States' poorest county, Michael embraces the idea that truly strong individuals are either actively contributing to the wellbeing of others or graciously accepting the help and support they themselves need.

Other highlights from this episode include:

- Why it is vital to know and appreciate what you have to offer your family, friends, and community at large;
- How to become a positive part of systemic humanity by absorbing kindness while also giving it;
- Why the semantics of “selfish” should be revisited and the idea of self-preserving embraced in its stead;
- How a mindfulness practice that includes letting go of negativity and setting a daily intention can greatly improve your outlook on life; and so much more.



About Heartbreak & Hope

Heartbreak & hope

with Pat Barbarito



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how to navigate both uniting and uncoupling.

Heartbreak & Hope with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

