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# ABOUT Catherine

For women who are facing major life changes, I am a writer and podcaster who explores global themes from diverse cultural perspectives both on my show *The Accidental Anthropologist Podcast* and my blog *The Accidental Anthropologist Essays*. My goal is to suspend default assumptions about how things "should be done."

My multi-cultural background and experiences as a Filipina/American/Canadian in Europe for 20+ years have made me culturally-astute at embracing "the new normal." I try to approach it all with sensitivity, humour, authenticity and kindness.

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