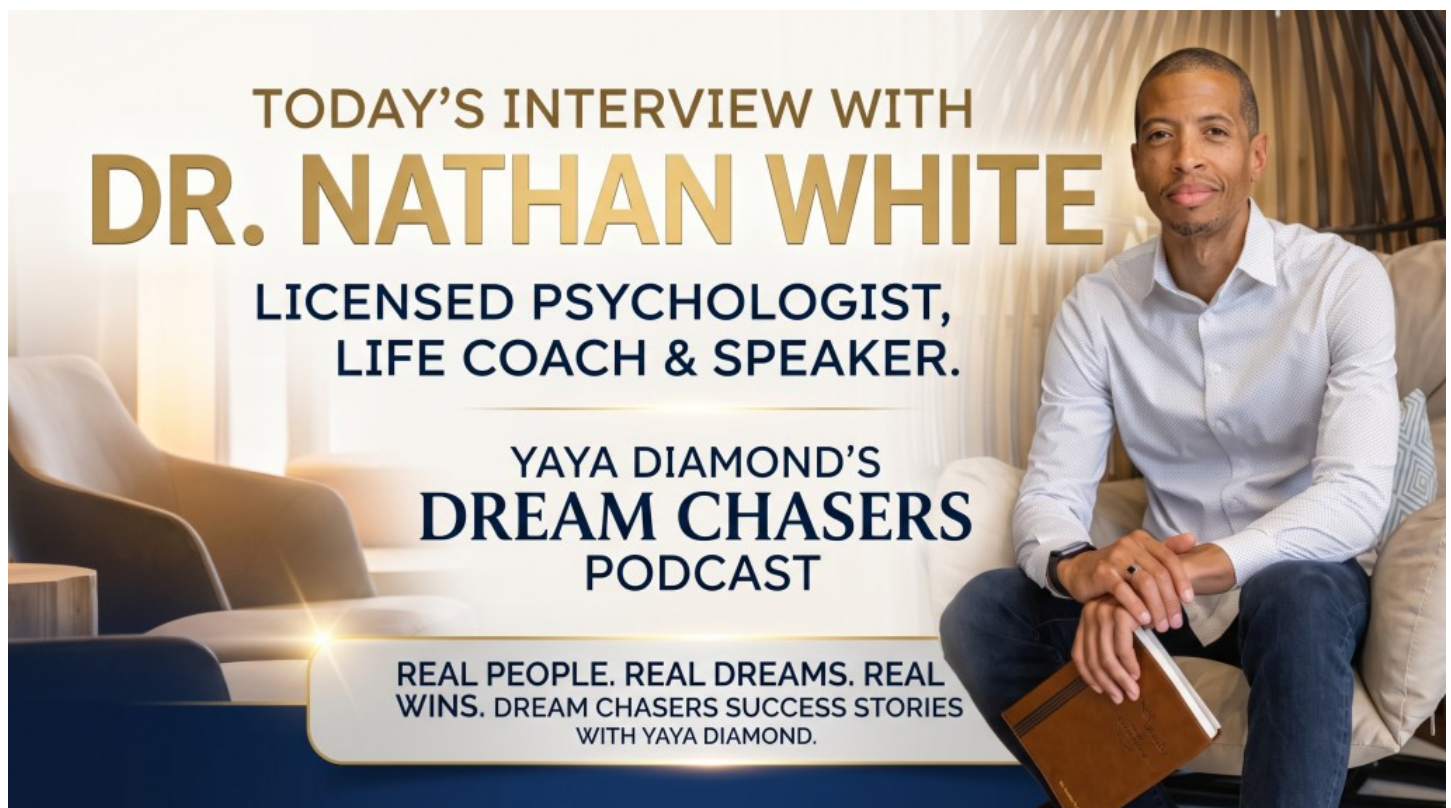


Licensed Psychologist Dr. Nathan White Shares Practical Tools for Daily Living, Confidence and Peace



Fort Worth, Texas Sep 28, 2026 (Issuewire.com) - Dream Chasers Radio host Yaya Diamond sat down with licensed psychologist, life coach, and speaker Dr. Nathan White for a candid conversation about change, fear, setbacks, faith, and the small daily steps that move a life forward.

Drawing on 20 years in the field, Dr. White traced his own winding path into psychology. Straight out of college he thought he would go into teaching, but seeing Dr. Phil on Oprah shifted his direction. "You can change how you think. And if you change how you think, you can change the direction of your life," Dr. White said of the moment that set him on the road to psychology -- a field he notes still carries a teaching component in the work he does today.

THE THREE PARTS OF REAL CHANGE

Dr. White told listeners that lasting change has three components: understanding the problem, gaining the insight to make changes, and then taking action on that insight. "To really, really make progress in life, you need to understand all three," he said, adding that many people understand their problem or even have insight into it -- but stall because the action piece is missing.

ON FEAR AND SELF-DOUBT: BABY STEPS -- THEN MICRO-STEPS

For listeners paralyzed by fear and self-doubt, Dr. White's advice is to shrink the task until it feels doable. "Just look at the one next thing that you can do, no matter how small it is, because there's power in momentum," he said. "Even if I take the one smallest thing that feels doable, that feels easy, I can build from that." Host Yaya Diamond added that even a baby step can be broken

down further -- before you walk you crawl, before you crawl you flip over -- and Dr. White agreed, warning that trying to do too much while overwhelmed leads to discouragement, quitting, and setbacks that are hard to recover from.

WHEN YOU GET KNOCKED BACKWARD: REGROUP LIKE A BOXER

Asked how people regain their footing after setbacks, Dr. White offered a boxing analogy: a fighter bloodied in the fifth round returns to the corner, where the team stops the bleeding, gives water, and the coach corrects course. "That analogy for us every day, what does that look like? Well, how do we regroup?" he said. For some it is quiet time or journaling; for others, wise counsel or retreating to a quiet corner of the home. His challenge to listeners: "What does regrouping mean for me? How will I feel alive again?"

FAITH AS AN ANCHOR

Dr. White spoke openly about his Christian faith as the grounding force in his life and work -- a purpose, as he put it, to love God and be a blessing to others. "We have to be skillful in our thoughts," he said. "If your mind's not in order, everything else is not in order."

ON THE STIGMA OF SEEKING HELP

The conversation also tackled the stigma around therapy. Dr. White noted that more people are open to counseling than 20 or 30 years ago, and said he often uses the word "coach" because it resonates today -- like a trainer at the gym, a coach trains people mentally so they can think and act in ways that move them forward. He urged listeners to be discerning about who they reach out to, whether a therapist, pastor, friend, or family member, and warned that holding everything in lets problems fester and grow.

His closing advice to anyone facing a hard season: "Just do the next right thing."

The full interview, "Dr. Nathan White: Practical Tools for Daily Living, Confidence & Peace," is available on Dream Chasers Radio. Watch it here:

<https://gumlet.tv/watch/6aaf4c35c2658a788ed591c2>

Learn more about Dr. Nathan White at <https://drnathan.co/> and find his book at

<https://a.co/d/0fYM9tut>

About Dr. Nathan White

Dr. Nathan White is a licensed psychologist, life coach, and speaker based in Fort Worth, Texas, with more than 15 years of clinical experience helping clients learn practical tools for daily living. He holds a Bachelor of Arts in Sociology from The College of New Jersey, a Master of Education in Counselor Education, and a Doctor of Philosophy in Counseling Psychology from Arizona State University. He is licensed in Texas, Florida, New Jersey, and Virginia.

About Dream Chasers Radio

Dream Chasers Radio, hosted and founded by Yaya Diamond, has been on the air since 2008, airing Tuesdays at 8 p.m. GMT on LWR Radio London. The show features in-depth interviews with authors, artists, and changemakers.

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Source : Dr. Nathan White

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