



Life is Mental in the Media

Regular Contributor to:

Since 2009 Woman to Woman, Monthly Health Contributor

Since 2009 www.EmpowHer.com, Expert Contributor

Since 2009 www.HybridMom.com, Expert Contributor

Since 2009 www.SelfGrowth.com, Expert Contributor

Since 2010 www.WorldTourofSuccess.com, Expert Contributor

Since 2010 Christian Star Newspaper, Expert Contributor

Media & Events

- 7.16.2008 Great Day Houston appearance. Book, training and coaching highlighted on show. Think Thin coach accompanied.
- 8.14.2008 Jane in the Jungle Workshop for Women, Break out session presenter
- 8.20.2008 Pearland Exchange Club, Luncheon Speaker
- 10.16.2008 The Texas Conference for Women, Workshop Speaker
- 10.25.2008 Curves Pearland, Speaker for Membership Appreciation Event
- 11.1.2008 Curves Fort Bend County, Speaker for Membership Appreciation Event
- Feb 2009 M Magazine, Mental Flexibility article for Health Section
- 2.5.2009 Charmaine Show, Guest on Georgia radio show
- 2.11.2009 Luncheon Speaker at Women's Business Forum
- 2.26.2009 Hispanic Women's Network, Event Speaker
- 3.3.2009 The Women's Empowerment Hour, Radio Show Guest

- Mar 2009 Woman Enterprise USA Magazine, Women Business Owner's Tech profile
- 3.17.2009 Segment Highlight, Fox 26 Houston Morning News
- 4.15.2009 Greater Houston Women's Chamber Conference for Women, Workshop Speaker
- May 2009 Women's Enterprise Texas Magazine, Women Business Owner's Tech profile
- 6.15.2009 Life, Business & Money Steven Kay Radio Show, Segment guest.
- July 2009 Book review by Dr. Ruth DeBusk, American Diabetes Association Weight Management Practice group newsletter
- July 2009 American Baby Magazine, expert contributor for article
- 7.16.2009 Event Speaker, Business Professional Women's group
- 7.28.2009 Event Speaker, Montgomery County Association for Business Women
- 8.6.2009 Segment Highlight, KHOU Channel 2 News
- 8.26.2009 Real Women Real Results Radio Show, Terri Craig
- 9.6.2009 Think, Believe and Manifest Radio Show, Constance Arnold
- 11.11.2009 eWomenNetwork Radio Show, Sandra Yancy
- 1.20.2010 Women- Heart to Heart Radio Show, www.DivaToolBox.com, Belanie Dishong
- 1.26.2010 Direct Sales Women's Association (DSWA), International Tele-class
- 1.27.2010 Kingwood Pine Hospital Training, CEU training for health professionals
- 2.1.2010 Dresser After Dark Radio Show, Host Michael Dresser
- 2.5.2010 Event Featured Speaker, eWomenNetwork Houston Event
- Feb 2010 Success for Women Magazine
- 2.15.2010 Eat Right by George Radio Show, Host Nutritionist George Rapisitis
- 2.18.2010 Fox Houston Morning News Featured Segment
- 3.3.201 Life, Business & Money Steven Kay Radio Show, Segment guest.

- 3.6.2010 George DeJohn Radio Show, Featured Guest
- 4.13.2010 Tri-County Republican Women Event, Featured Speaker
- 4.14.10 University of Houston Bauer College of Business Women's Society, Event Speaker
- 4.21.10 Cy-Fair Women's Network, Featured Speaker
- 4.22.10 Houston Area Council ABWA, Featured Keynote Speaker
- 4.28.10 Transforming Health with Brad King Radio Show, Featured Guest
- 5.11.10 Mommy Mentor Radio Show, Featured Guest
- 5.12.2010 Cypress Creek Hospital, LPC CEU Workshop Presenter, The Power of Belief
- 5.13.2010 KIPP Voyage Academy for Girls Young Ladies' Leadership Conference, Break out session presenter, Anger Management: Get it Together Girl!
- 6.2.2010 Natural Counselor Radio Show, Featured Guest
- 6.3.2010 Fort Bend American Business Women's Association, Featured Speaker
- 9.15.2010 Segment Highlight, Fox 26 Houston Morning News
- 11.16.10 Eat Right by George Radio Show, Featured Guest
- 12.2.2010 Houston Chronicle, Featured Article
- 12.24.10 San Diego Entertainer Magazine, Lifestyle Article
- 1.27.11 Segment Highlight, Fox 26 Houston Morning News
- 1.29.11 FEMALEPOWER Conference, Featured Speaker
- 3.22.11 Featured Interview, Rock Star U's World Tour of Success Radio with Aly & Andrea
- 3.24.11 Keynote Speaker, Red Hat Literacy Luncheon benefitting the Adult Reading Center
- 4.14.11 UMR Team Development Meeting Trainer, Self Care for the Healthcare Specialist
- 5.5.11 Featured Expert, Getting Organized: Choosing to Change Article, Better Business Bureau South Texas Newsletter
- 5.14.11 Keynote Speaker, Annual Women's Empowerment Conference