

**Let's talk...**

**March is "National Feminine Empowerment Month"**

To Station Manager and Producers:

The following topics will make a great one-off interview or can be used as part of regular daily 2-5 minutes spots throughout the month of March. Petrene Soames has the knowledge and advice and is bringing the subjects that women want to hear about.

- Top Ten Tips to celebrate being a woman and the multitude of possibilities.
- Are you loving or mothering your man. Wise up and take back power in relationships.
- The nun, the whore, the mother, the Queen, the high priestess and the crone... What role are you playing and how do archetypes affect your life?
- Women and the sexual revolution: Have we really moved beyond the Barbie and Ken roles?
- Body out of shape, weight loss problems, unhappy with your look... How to look and feel great beyond pills, potions, diets, exercise regimes and surgery?
- Natural ways to deal with PMT, PMS. What is your body really telling you? A new perspective you won't find in the medical guides.

Credentials:

Petrene Soames, therapist, consultant and author of *The Essence of Self-Healing: How to bring health and happiness into your life*, is originally from the UK and now live in The Woodlands, TX. She has over 22 years in the fields of self-awareness, self-help and the paranormal. She is the creator of "Digression" therapy and a Progression/Regression therapies expert. Veteran Radio and Television Guest, Petrene Soames has been heard on 100's of radio stations nationwide and has been featured on many radio networks such as UBN, PRN, Talk Radio Network, Talk America Network, Power Talk network, Liberty Works Radio Network, United Stations Network. She regularly appears on the BBC and has been featured on the James Whale Show (UK), the Victoria Jones show, The Howard Stern Show, The Ruth and Ed Shaw Show, and The Joan Rivers Show.

Availability: Texas, Nationwide by arrangement and via telephone.

**Call Janie Jones today at 281-363-9983 to schedule your interview.**

For more information about Petrene Soames, including her online Press Kit and demos

**Go to <http://timeismine.com>**

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