

Too much going on? Feeling Saturated?

March 20th is the First Day of Spring!

Time to Spring Clean Your Life

Spring is here. It's the time we brush away cobwebs, spring clean our houses, replace the old with the new, generally feel ready and inspired to bring positive change into our life.

Sadly often nothing really changes. Stress keeps building up. Nothing new happens. We get burned out, unhealthy, unhappy. So this year, make real room for the new and see how your life starts really changing and moving ahead again!

Don't let your listeners miss Petrene Soames' Top Ten Tips to Spring Clean Your Life. Give them real and fun information that will also help them enjoy life a little bit more... Call today 281-363-9983 to schedule an interview.

- Why do we need to spring clean our life?
- What happens when we spring clean our life?
- Why is it so important to throw away, sell or give away things in your life that you no longer enjoy or need, or that are broken?
- Why breaking patterns, habits and ways of doing things that no longer work for you gets life moving on again?
- What are your 10 tips to spring clean our life?

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 an interview.

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

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

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