



FOR IMMEDIATE RELEASE

Beth Wilson, Best-Selling Author, Integrative Life Coach and Women's Empowerment Expert, Launches New Web Site

*Website Complements "Quantum Leaps," Wilson's Popular
Internet Talk Radio Show, which moves to Voice America's Flagship Station*

MOUNTAIN VIEW, Calif., May 1, 2008 – Beth Wilson, best-selling author of *Meditations For New Mothers*, integrative life coach and women's empowerment expert, whose approach to accelerated personal growth helps people connect and apply their newly acquired knowledge in a concrete way, today launched a new website, www.bethwilsonlifecoach.com. The website will provide advice to women seeking personal growth and creative, meaningful life change.

The new website complements "Quantum Leaps," the popular Internet radio talk show hosted by Wilson – who offers her listeners a new path for self-empowerment – on Voice America, the leading live Internet talk radio broadcaster. After launching in November 2007 on the Voice America Women's Network, "Quantum Leaps" went to number one in just 10 weeks, becoming one of the broadcaster's top-rated shows.

Wilson announced today that Voice America has moved "Quantum Leaps" to the channel's flagship station in recognition of its success. The show will continue to air every Thursday at 3 p.m. PST.

"At the rate it's growing, 'Quantum Leaps' could soon be the number one show on the entire network," said Voice America's Executive Producer, Sherry Lin Haldy.

"My new website offers me a way to expand on the moving and thought-provoking conversations I enjoy with callers on my radio show and with my life coaching clients," said Wilson. "Both my website and radio show let me reach a larger audience so I can help people tap into their own intuitive powers and they can live more fulfilling, authentic lives."

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"Teaming with Life" Ezine

Visitors to Wilson's website can sign up for her new ezine, "Teaming with Life," which covers personal growth and health topics. Distributed free to subscribers every two weeks, the ezine offers Wilson's unique perspective on subjects as varied as women's work/life balance, parenting issues and destructive relationships. The first issue of the ezine will cover the power of intuition.

As a bonus, ezine subscribers will receive a special report, "Five Ways Women Give Up Power – and How to Get it Back."

Wilson added that she will also use her website and ezine to remind people that "life is meant to be fun and enjoyable – and the good news is that each and every one of us has the power within to make it so!"

Wilson's new website will also provide information about her life coaching practice, upcoming personal appearances and her "Quantum Leaps" radio show.

Listening to "Quantum Leaps"

To join the "Quantum Leaps" audience, women – and men – need to go online to the website www.modavox.com/VoiceAmerica, so they can listen to the Internet radio show via their computer. Listeners can call (866) 472-5787 to ask Wilson questions and receive a reading during the show.

"Beth has a talent for adding insight and 'understandability' to the unique specialties of her guests," said Bonita Banducci, the author of *Unmasking the Gender Effect* who has appeared on Wilson's show.

Upcoming guests on the show include Apollo 14 astronaut Dr. Edgar Mitchell, who will talk about his walk on the moon and how it led him to an epiphany; Olympian Kimberly Carlisle, who will talk about a new vision for a better world, and Debbie Johnson, author of *Think Yourself Thin*.

"Beth sees in 360 degrees and her thinking is always cutting new ground for her listeners," said Elizabeth Diane & Andrew Marshall, authors of *Listening With Heart 360: The New Paradigm For Women*. "Beth is straight up, speaks common sense and that is why people are listening."

Beth Wilson's Books

Wilson is the author of the best-selling book, *Meditations For New Mothers*, which was featured on the front page of *The Wall St. Journal* due to its volume sales in the first five

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months of publication. Currently, it has sold more than 800,000 copies and been translated into 15 different languages.

Wilson is also the author of four other books and is currently finishing her new book, *He's Just No Good For You: A Guide to Leaving A Destructive Relationship*, expected in January 2009.

Wilson's books are available for purchase at bookstores such as Barnes & Noble and online at Amazon.com.

Integrative Life Coach

As an integrative life coach, Wilson has developed a multidimensional approach to accelerated personal growth and creative life change. In addition to counseling professionals and families, Wilson's client list includes the famous – celebrities, politicians, models and sports figures – and also medical personnel who work with her in developing individualized wellness programs.

For more information about Beth Wilson, please visit www.bethwilsonlifecoach.com.

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