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WORLD TALK RADIO

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## Be the Star You Are!

1/29/2007

Monday 1pm to 2pm Pacific Time

**BE THE STAR YOU ARE!**  
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### Lighten Up with The Success Sisters, Be the Star You Are! Essay Winners, Hip Tr



What baggage of the past are you holding onto as an excuse for your self-defeating behavior in the present? It's time to "tag your baggage" and unload it once and for all. The Success Sisters, Cynthia Brian and Libby Gill take you into The Coaching Corner to look at negative labels and limiting beliefs that can hold you back from living your best life. By facing your fears, you can determine if they're really accurate and reflective of who you are today. If so, then deal with what needs to change. If not, then reframe those labels by changing tags like "controlling" to more positive terms like "capable," so that they're inspiring instead of demeaning. Get ready to get rid of your baggage, get over it and get on with your life. Let's travel hopefully!



**Hosted by:**  
**Cynthia Brian**

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The 3rd Annual Be the Star You Are! Essay Contest sponsored by American Freedom Group announces the Grand Prize Winners today. Judges had great difficulty choosing between the numerous excellent entries. After many rounds, two writers tied for First Place, with a few other writers receiving the Honorable Mention Award. Teacher, freelance writer, and Reiki Master, Sylvia M. DeSantis tied for the Grand Prize with journalist and editor, Nancy Hick. They will be our guests to read their winning entries, Touching Joy and Audacity.

Kimberly Wilson offers tips, tools, and how-to's for a passion-filled, tranquil life with her book, A Hip Tranquil Chick. With twelve strategies to lead a chic and conscious lifestyle, not only on the yoga mat, but anywhere, this guide will expand your gloabl mindset, create community, and help you design a soulful surrounding.

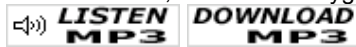
#### Listen to the Show:

#### Libby Gill and Cynthia Brian offer Lighten Up tips in the Coaching Corner

The Success Sisters, Cynthia Brian and Libby Gill, encourage you to unload your bage and lighten up. Libby shares a few stories from her coaching clients to show us how we can lighten our load by eliminating unnecessary burdens. Libby and Cynthia do a "Tag Your Baggage" exercise that you can use at home by listing any negative labels you have been given or given to yourself, then re-framing them into positives. The 3 Success Steps you'll learn in today's Coaching Corner are: 1. Commit to lightening up 2. Don't



use past baggage as an excuse in the present 3. Learn to re-frame negatives into positives. And finally, both coaches share how their own personal resolutions concerning exercise are going. It's crucial to have an accountability partner. Libby Gill is the best selling author of *Traveling Hopefully*. For more coaching insights or to book a session, visit [www.libbygill.com](http://www.libbygill.com)



### Sylvia M DeSantis and Nancy Wick-National Essay Winners

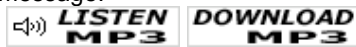
Every year Be the Star You Are! charity hosts a national essay contest to promote literacy and writing. This year's contest was sponsored by the American Freedom Group. Two winners shared the Grand Prize and both essay winners read their entries on the air. Sylvia M DeSantis is from Pennsylvania. She's a teacher and writer as well as volunteer working with teens in jail. Her entry is entitled "Touching Joy".

[www.sylviamdesantis.com](http://www.sylviamdesantis.com). Nancy Wick is from Washington where she is a writer/editor at the University of Washington in Seattle. She has been a journalist for over 30 years. Her entry is "Audacity". [www.washington.edu](http://www.washington.edu)



### Hip Tranquil Chick with Kimberly Wilson

Kimberly Wilson is delightful as she gives us tips on how to live our lives both on and off the yoga mat. Her book, *Hip Tranquil Chick*, helps you take yoga into every aspect of your life, from figuring out your finances to throwing a great party. It's all about balance, indulging in adventure, and leading a mindfully extravagant life. This is a playful and fun interview that will get you wanting to practice yoga and live its message.



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