

For Immediate Release:

Robin Hardy Presents
"Empowering You Radio: An Empowered Journey"

On Tuesday, December 2, 2008 Media Personality & Empowered Options Coach Robin Hardy interviewed with Body Image & Self-Esteem Expert Andrea Amador, Founder of The Juicy Woman on Empowering You Radio Show, which can be found at http://www.robinhardy.net/Empowering_You_Radio.php .

Are you ready to take big steps to R.E.C.L.A.I.M. your life? Andrea shares with us everything you need to know about getting off the diet rollercoaster, reclaiming your body and yummin' up your life. Learn why Andrea says obstacles come when you take your eyes off the goal. You can find out more about Andrea Amador by visiting her website at www.TheJuicyWoman.com for any questions on this show or suggestions for upcoming shows email Robin at Robin@RobinHardy.net

About Empowering You Radio: An Empowered Journey: The Purpose of Empowering You Radio: An Empowered Journey is to empower you and your life. While your definition of journey may be different we consider the journey to be your life, your business or your faith. By bringing guests on each of our shows that bring a message of hope, encouragement and direction, the listener walks away refreshed and empowered in their journey. These guests are experts in the arena of empowering Men, Women, and Children, those wanting to make career changes, those that are ready to take it to the next level in their life. Topics and areas that will be covered are self image, starting a business, attitude, opportunities, financial, and general life situations. So the question here is, Are you ready to be empowered and change your life? If so, then tune in every week so that you can start this life changing experience!

About Robin Hardy famous for assisting you in building your self-esteem, creating new innovative ideas, and obtaining a new solid sense of direction. She will help you launch into your next level of Empowered Success in your journey called life which will generate more income, peace and satisfaction in your life. Robin enjoys adding humor and play to her life daily. Robin is open, receptive, flexible and adaptable which are qualities that make her a great coach to empower and guide her clients into a greater success. Robin speaks nationally, teaches on college campuses and coaches individual clients, small business owners and entrepreneurs. She is recognized for her dynamic, creative, open, honest, energetic, playful coaching and seminar presentation styles igniting authentic enthusiasm. She is an Empowered Options Coach, Inspirational Speaker, Author and Media Personality who loves life and helping others achieve their wildest dreams. Visit her website at www.RobinHardy.net for more information on coaching & speaking and to sign up to receive her monthly E-Zine full of great information to empower you.