

For Immediate Release:

**Robin Hardy Presents**  
**"Empowering You Radio: An Empowered Journey**  
**15 Minutes a Day Meditation for the Rest of us**

On Monday, December 22, 2008 Media Personality & Empowered Options Coach Robin Hardy interviewed with Suzanne Weinman author of "Just 15 Minutes a Day: Meditation for the Rest of us, on Empowering You Radio Show, which can be found at [http://www.robinhardy.net/Empowering\\_You\\_Radio.php](http://www.robinhardy.net/Empowering_You_Radio.php) .

Did you know that meditating, breathing, and slowing down for just 15 minutes a day could change your life? Are you rushing around this holiday season like a chicken with your head chopped off? Are you ready to get your life back and enjoy the holidays? Then tune in today as Suzanne shares just how simple it is to stop and meditate. No rules, just breathing! For more information on Suzanne you can email her at [SuzanneWLBCA@yahoo.com](mailto:SuzanneWLBCA@yahoo.com) or website at [www.fifteenminutesadaymeditation.com](http://www.fifteenminutesadaymeditation.com) You can purchase her book on Amazon, Barnes & Nobel and [www.PublishAmerica.com](http://www.PublishAmerica.com). If you have any questions or suggestions for future shows email Robin at [Robin@RobinHardy.net](mailto: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** is well known for her expertise in guiding men & women into creating tangible actionable results through Media Training, PR Consulting, Creative Development, Marketing and Business Plans. Through the application of her 6 Empowered Keys Program Robin ensures that her clients create a solid sense of direction leading to greater profitability. Her methods empower people to stretch beyond their limitations, re-invent through a solid sense of self-esteem and deepen their levels of confidence for unstoppable success. Robin speaks nationally, teaches on college campuses and coaches individuals, small business owners and entrepreneurs. As Development Director & Feminine Leader for The Amazing Woman's Day Movement she contributes her insights to empowering women entrepreneurs and business owners. Whether it be as an Empowered Options Coach, An Inspirational Speaker, An Author or host of Empowering you Radio, there's one thing for certain; Robin is dedicated to helping others achieve their wildest dreams.

Visit her website at [www.RobinHardy.net](http://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.