

For Immediate Release

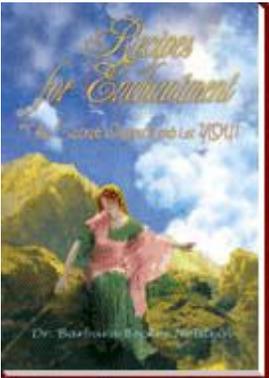
**Dr. Barbara Becker Holstein featured on [www.womensradio.com](http://www.womensradio.com)**

Interview with Lynn Thompson of "Living On Purpose"

**November 26, 2007** ~ Positive psychologist Dr. Barbara Becker Holstein is featured this week on [www.womensradio.com](http://www.womensradio.com) in an interview with Lynn Thompson. Lynn Thompson, host of "Living On Purpose", speaks with Dr. Holstein about her life, her research, her practice and her books; including *Recipes for Enchantment-The Secret Ingredient is YOU!* and *THE TRUTH: I'm Ten, I'm Smart and I Know Everything!* (Ladybug Press). The 45 minute interview will also run on [www.radioearnetwork.com](http://www.radioearnetwork.com) during Lynn Thompson's show "Living On Purpose".

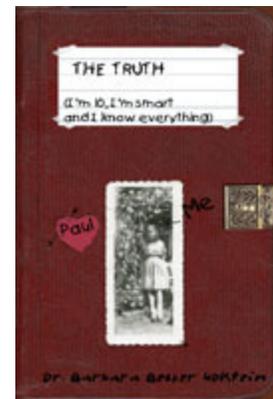


The interview gives insight into what led Dr. Holstein to pursue the field of Positive Psychology and what makes the field so different from traditional therapies. Dr. Holstein also talks about her books *Recipes for Enchantment-The Secret Ingredient is YOU!* and *THE TRUTH: I'm Ten, I'm Smart and I Know Everything!*



*Recipes for Enchantment-The Secret Ingredient is YOU!* is her second book on the concept of enchantment and shows how to incorporate positive actions within our daily lives and combine them with our own unique feelings and positive attitude to make a change within ourselves.

*THE TRUTH: I'm Ten, I'm Smart and I Know Everything!* is Dr. Holstein's first work of fiction and is told in the first person view of a 10 year old girl.



Dr. Holstein, in private practice since 1981 in New Jersey, loves taking her vision of psychological well-being and happiness to the public. She is a leading positive psychologist, having published her first book in this discipline, *THE ENCHANTED SELF, A Positive Therapy*, in 1997. She focuses on helping women be happy, and live meaningful, purposeful lives by reclaiming their talents, strengths and even lost potential. She speaks regularly on radio and television programs around the country. *The Truth* is available in all book stores or on Dr. Barbara's web site [www.enchantedself.com](http://www.enchantedself.com).