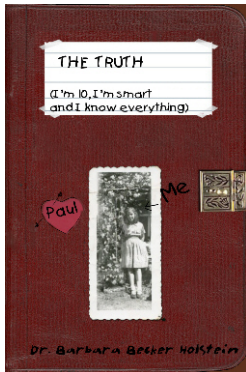


THE ENCHANTED SELF®

Dr. Barbara Becker Holstein

FOR IMMEDIATE RELEASE: Dr. Barbara Becker Holstein launches web TV show on www.goodnewsbroadcast.com

Ocean, NJ – July 12, 2007 – Nationally Known Positive Psychologist launches Web TV web show on www.goodnewsbroadcast.com . What better site to host an uplifting mental health program than a www.goodnewsbroadcast.com? Here is a spot on the web where you find only good news. And that's where Dr. Barbara Becker Holstein, Positive Psychologist, recently quoted in Time Magazine on the web, ([here](#)) has begun her positive psychology video series. The first show, *Dr. Barbara Becker Holstein*, can be viewed on www.goodnewsbroadcast.com ([here](#)).



Paul Sladkus, founder of www.goodnewsbroadcast.com interviews Dr. Holstein on the newly emerging field of Positive Psychology and her new book, *THE TRUTH, I'm Ten, I'm Smart and I Know Everything!* In her new book, a diary written by a 10 year old girl, Dr. Holstein shares with wit, wisdom and an eye for wonder, all the positive secrets to life that we really need to know. As the girl simply says, "When I grow-up I remember to: Not look away from my kids when they ask me tough questions; answer truthfully; I won't swear; I won't get into silly fights with my husband; I'll have fun with my kids and laugh a lot; I'll remember ME!"

Dr. Holstein, in private practice since 1981 in New Jersey, loves taking her vision of psychological well-being and happiness to the public. Her Enchanted Self concepts derive from research she did with women and from her private practice experiences. She uses what she has learned about human potential to help us recall positive memories, regardless of our history, recognize our unique talents, and bring into our lives more of what gives us pleasure and joy. A free paper on her concepts, *The Seven Gateways to Happiness* is available at www.enchantedself.com

Visit her web site <http://www.enchantedself.com/> or her Blog <http://www.enchantedself.typepad.com/> . For more information contact Dr. Holstein directly at drbarbara@enchantedself.com or 732-571-1200.