



Press Release Contact Information:

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5/24/08 Host Parthenia Izzard, CNHP and psychologist, will be talking with Joshua Seldman, co-author with Marty Seldman of Executive Stamina: How to Optimize Time, Energy, and Productivity to Achieve Peak Performance.

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/24-7PressRelease/ - WYNNEWOOD, PA, May 22, 2008 - Every Saturday morning at 9:03 AM eastern time you can listen to Wellness, Wholeness & Wisdom radio with host Parthenia Izzard, CNHP and psychologist. The program is archived within minutes of the live broadcast on the internet Saturday as well. On your computer go to <http://www.amtherapies.com> and click on the Achieve Radio link to listen to the show live online! Program topics range from authors like Bishop Jordan, James Redfield, Immaculee Ilibagiza, and William Tiller to owners of products like Rishi Teas, and Dr. Kracker. She also has celebrity guests like Sidney Poitier!

5/24/08 Host Parthenia Izzard, CNHP and psychologist, will be talking with Joshua Seldman, co-author with Marty Seldman of Executive Stamina: How to Optimize Time, Energy, and Productivity to Achieve Peak Performance. Executives need stamina to remain consistently focused on and energized about the task at hand. Getting too tired, busy or stressed also increases your chances of making career damaging mistakes. In "Executive Stamina" (John Wiley, May 2008) you'll learn the skills and systems necessary to create a sustainable path to achieve your full career potential.

Joshua Seldman is a highly respected cycling and fitness coach and a successful endurance athlete. During his professional athletic career, he was a twelve-hour and twenty-four-hour solo mountain bike champion. He was also a lead coach for Carmichael Training Systems and Lance Armstrong's Tour of Hope cross-country ride. He received his B.S. in exercise physiology, specializing in sports psychology from the University of Florida.

May 31, 2008, host Parthenia Izzard's guest, third visit, will be Raymond Francis discussing his new book, Never Be Fat Again: the 6-Week Cellular Solution to Permanently Break the Fat Cycle.

The Achieve Radio studio is in California and you can listen to the show live online on Achieve Radio as explained above. To call in during the program CALL 888.235.7374 [new number] or send Parthenia Izzard an instant message during the program on the Achieve Radio site. WE ARE NOW EXCLUSIVELY ON THE INTERNET! Because it is produced on the internet the sound quality is great!

Parthenia Izzard's private practice is in Pennsylvania where she sees clients. You can purchase her first co-authored book on her site, 101 Great Ways to Improve Your Health and her own book not too far behind.

Go to Parthenia Izzard's website, www.amtherapies.com, for the schedule of radio program guests, information about her practice, her blog, and newsletter.

Be well

About Alternative Medicine Therapies

We listen to your concerns about the unexplained aches and pains and symptoms that doctors cannot identify or explain. We offer a holistic approach to preventive care. At Alternative Medicine Therapies, we employ techniques that add to the quality of your life. On the radio I endeavor to present a new guest each week who will be a representative from the world of alternative medicine therapies, related products and issues. These programs should lead you to a healthier way of life.