



**Press Release Contact Information:**

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**6/21/08 Host Parthenia Izzard, CNHP and Psychologist, will be talking with Addie Johnson, author of Life Is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You.**

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**/24-7PressRelease/** - WYNNEWOOD, PA, June 19, 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!

June 21, 2008 Host Parthenia Izzard, CNHP and psychologist, will talk with Addie Johnson, author of Life Is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You.

In Addie Johnson's playful book, she takes us on a treasure hunt for things that can make us happy. She has come up with 333 stories, aphorisms, quotes, ideas, and bits and pieces from the media. Her point is that life is sweet and each one of us can savor the good stuff that is right in front of us.

Starting July 11, 2008 Wellness, Wholeness & Wisdom Radio will air live Friday evenings at 8:00 PM Eastern Time with rebroadcasts Saturday mornings at 9:00 AM Eastern Time. Currently all Saturday live shows are rebroadcast Friday evenings at 9:00 PM.

Check Host Parthenia Izzard's website, [www.amtherapies.com](http://www.amtherapies.com), to see who her guest will be June 28, 2008.

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](http://www.amtherapies.com), for the schedule of radio program guests, information about her practice, her blog, and newsletter. Stay on the alert for July 11, 2008, when Host Parthenia Izzard, CNHP, and Psychologist, will be live Friday nights, 8-9 PM Eastern Time! All programs are currently rebroadcast on Friday's at 8 PM Eastern Time and live Saturdays at 9:00 AM. Up until July 11, 2008, however, the programs will continue airing live on Saturday mornings at 9:00 PM Eastern Time and be rebroadcast Fridays at 8:00 PM Eastern Time.

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.