



everyday
Bliss
for busy women

Energy Balancing Secrets for
Complete Health & Vitality

MARYAM WEBSTER, M.ED.



MEDIA KIT For Maryam Webster



Dear Media Professional,

In 1989 I was hit by a drunk driver and broke my back, lying paralyzed in bed many years. The energy therapies I teach got me walking again *against medical prognosis*, and completely out of pain when no amount of drugs or other therapy helped.

In my work, I have specialized in sharing these same fast-acting methods with regular everyday people to help them self-automate into happier, more successful lives, with tools to instantly — and if needed, invisibly — power through blockages to achieve personal fulfillment and live more meaningful, impactful lives.

A psychotherapist for twenty-five years, I retrained as a personal performance coach and married coaching's success methods with energy therapies to create a new helping profession: Energy Coaching. I teach these methods at The Energy Coach Institute to helping professionals worldwide who reach levels of success never dreamed of before, achieving never-before-experienced victories in their personal lives and with their own clients.

Working women today are in desperate need of help. I developed The Everyday Bliss Process to spread the blessings of these methods to the women I see who are overworked, out of time, whose health may be compromised, and are desperate for a break. Proven success principles powered by the Law of Attraction insures that those using the Process become masters at establishing their own success using these easily implemented “magical methods” of eliminating any internal blocks that stand in the way of them achieving success.

Now I've put this system into a brand new book, I'd like to introduce to you today:

Everyday Bliss For Busy Women

I hope you'll take a few moments to read through the background materials enclosed in this media kit, then join me in bringing the important principles of Everyday Bliss to women the world over, and the public at large.

My publicity team, the publishers at New Harbinger and I have planned far reaching media campaign to insure *Everyday Bliss For Busy Women* gets this desperately-needed help into the hands of women who need greater peace of mind, to sweeten their relationships, and enjoy more personal creativity, career success, vibrant health and more free time than ever.

I hope you'll choose to be a part of the worldwide wave of bliss we're creating. If there's anything we can do to help get you started, please don't hesitate to let us know.

Warmly,
Maryam Webster

Co-Author of *Freedom at Your Fingertips* and now the new success classic, *Everyday Bliss For Busy Women*



Maryam Webster
MediaKit - Intro

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Meet Maryam Webster

Bio & Notables

Maryam Webster, M.Ed, is an author, motivational speaker, energy psychologist and Director of The Energy Coach Institute. She is an acknowledged expert in the fields of Psychology and Performance Coaching, cutting-edge Energy Therapies, Manifesting Success, Law of Attraction, effects of Stress on Women's Health, and Cultivation of lifetime Bliss. As a Mentor Coach, she enjoys consulting with over-committed women executives in the arts, media, information technology, medical and helping professions in fourteen different countries, coaching them to regain time, space and daily joy in their Lives.

A thought-leader in the field of health and human evolution, Maryam founded and directs The Energy Coach Institute - an innovative international coach training organization, and the first ever to incorporate fast-acting energy therapies in her Certified Energy Coach Program®. Pairing these methods with high performance coaching reveals and activates super-success in all areas of people's lives. Reports of instant and longterm transformation are common in Energy Coaching and are a phenomenon Maryam is committed to spreading worldwide. Towards this goal, she is releasing The Everyday Bliss Process through her forthcoming book *Everyday Bliss For Busy Women* (New Harbinger, Spring 2008).

Based in the San Francisco Bay area, Maryam lives with her family and two cats in Chez Vive in the foothills with books, drums and lots of open space. She enjoys spinning, weaving, wood and stone carving, herb gardening, playing her homemade Celtic harp, singing, dancing, yoga, museums, music of all kinds and hiking in the redwoods.

Publications

Maryam is author of *Everyday Bliss For Busy Women* (May, 2008), *Freedom At Your Fingertips* (co-author, 2006), *The Certified Energy Coach Program Manual* (2005) and *Quantum Flow Bioenergetics: Be Your Own Healer* book and CD set (2004)

Potential Interview Topics

- How Overstressed Women Can Move Into Lives of Bliss
- New Energy Therapies Even Kids Can Use To Be Their Own Healer
- Overcome Physical or Emotional Challenges With G.U.T.S. & the New Energy Therapies
- Achieve and Maintain High Performance Success With the Invisible Secret Weapon *Your Competitors Don't Have*
- Moving Beyond Personal Tragedy
- How Simple Acts of Presence Can Heal Communities



Maryam Webster
MediaKit - Bio

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Media Release: "Working Women Are Ticking Timebombs"

Today's working woman is immensely stressed, frustrated, and mad as hell about how powerless she feels about taking charge of her time and life. And recent studies show that women are suffering the killer diseases of toxic stress - heart attack, stroke and cancer - in proportions that now exceed those of working men. Worse, they often lose control at home in front of children and partners, compromising family relations and making their own sense of peace even more difficult to regain.

Maryam Webster helps women regain time, space and joy in their lives with simple techniques listeners can get started with right away. By eliminating killer stress at its source, women live longer, happier, more blissful lives. In addition to Bliss-In-A-Minute techniques, Maryam will also share with your listeners:

1. Why multitasking is a killer of women.
2. What three things women are conditioned at birth to do, that shortcircuits their lifetime success and wellness.
3. The critical health-based reason why we need to stop blaming, shaming and guilting on ourselves.
4. Why a simple Belief you're not even aware of, could KILL YOU.
5. The most powerful "wellness weapon" in the English language, and how you can use it to create more time and space in your life.
6. Using the energy in your own body to effect any change you want – even to cement success into place – for a lifetime of Everyday Bliss.
7. A simple Rev-Up energy routine that will leave your listeners delightfully energized and begging for more.

Speaker Brief Bio

Maryam Webster is an energy psychologist, author and Director of The Energy Coach Institute. After being hit by a drunk driver, enduring the agony of a broken back, years of paralysis and having doctors give up on her, Maryam used these methods to walk, run and dance again. Your listeners can use these same methods to de-stress no matter what's going on.

Arrange an interview by calling 650.780.9380

Email: media@maryamwebster.com



Maryam Webster
Media Release

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Sample Media Script

Introduction for Radio or Television:

Today's working woman is immensely stressed, frustrated, and mad as hell about how powerless she feels. Women suffer the killer diseases of toxic stress - heart attack, stroke and cancer - in proportions that now exceed those of working men. And worse, they often lose control at home in front of children and partners, compromising family relations.

Maryam Webster helps women regain time, space and joy in their lives with simple techniques YOU can get started with right away.

Sample Questions:

1. Maryam, is it really that bad for women nowadays?
2. What is Bliss, and why do we need it?
3. Explain why multitasking is a killer of women.
4. Explain what you mean by saying there are three things that women are conditioned at birth to do that shortcircuit their success?
5. Give us one of your "three second techniques" to create more time and balance in life.
6. Are the techniques you teach only for women?
7. Explain what you mean by "one simple belief can kill you".
8. Tell us what the most powerful "wellness weapon" in the English language is, and how we can use it to create more time and space in our lives?
9. You say we can change our history easily, in about ten minutes.
How is this possible? What happened, happened - right?
10. How can we use the energy in our bodies to destress and change our lives?
11. You say "ignorance of crumbs" is one of the Keys to Bliss. What do you mean by that?
12. What is the most important Bliss Blocker and what Bliss Key unlocks it?

Extro:

We've been talking with Director of The Energy Coach Institute, Maryam Webster, author of the upcoming book "Everyday Bliss For Busy Women". You can find out more and get a Free BlissKit to aid your everyday peace of mind at: maryamwebster.com and everydaybliss.org



Maryam Webster
Sample Questions

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Sample Media Appearances

Host & Show: Wayne Kelly, The Wayne & Jane Show
Station: Radio KBS 95.7, West Kootenay, British Columbia

Topic: "Working Women Are Ticking Timebombs" - Maryam's 4 minute interview of the worldwide epidemic of toxic stress, laced with quick, practical tips audiences can use as take-aways right now, in the moment.

Listen at: <http://maryamwebster.com/mediakit>

Host & Show: Ron Ball
Station & Show: The EFTZone Spotlight

Topic: "How To Recover From Serious Physical Debility Without Losing Your Mind" - A longer 8 minute segment and great example of how down-to-earth, humorous and inspirational Maryam is for audiences, even when addressing a serious topic. In this case, her recovery from three years of paralysis after being hit by a drunk driver. Listen at: <http://maryamwebster.com/mediakit>

Host & Show: Ann Arbor, Dancing In The Fast Lane
Station: KFJC 89.7, Los Altos, California

Topic: "What is Energy Coaching? Plus: How To Achieve Peace & Heal Your Life" - A much longer set as a morning show guest with an alternative talk hour host.

Listen at: <http://maryamwebster.com/mediakit>

Host & Show: Lana Walker-Helmuth
Station: Internet Radio show You! Unplugged!

Topic: "Why We Get Stuck: The Effects of Intense Overcommitment and Stress on Working Women" - A midrange 20 minute interview and report with practical tips on how to work free of overwhelm and regain balance in life.

Listen at: <http://you-unplugged.com/2007/02/05/why-we-get-stuck/>

Host & Show: Jackie Jones, The Jackie Jones Challenge
Station: GlobalTalk Radio

Topic: "Outrageous Success At the Speed of Thought: Changing Limiting Beliefs" - A Very Long Set, 49 minute interview/tutorial on many of the topics taught in the Everyday Bliss book as well as a live example of a process audience members could follow along with to rid themselves of one damaging belief.

Listen at: <http://www.globaltalkradio.com/shows/thejackiejoneschallenge/>



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Media Samples

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Maryam's Latest Press Release

Summary: Free MP3 To END Holiday Stress FOR GOOD

Hate the thought of visiting family at the holidays? Does the idea of Christmas, Hanukkah, Kwanzaa or New Year's leave you stressed and in a tizzy? Well, worry no more, help is here and uncharacteristically at this time of year, that help is absolutely free. In a holiday gift to the world, The Maryam Webster Group and Energy Coach Institute offer a complimentary MP3 audio to help YOU completely END holiday stress - for good.

Quick access: <http://www.maryamwebster.com/holidayblissparty/>

FULL TEXT: Free MP3 To END Holiday Stress FOR GOOD

December 21, 2007. San Francisco, CA - In a free holiday gift to the world, Maryam Webster, CEO of The Maryam Webster Group and Director of The Energy Coach Institute, offers an MP3 audio of her master class to help END holiday stress, in one hour - for good.

For the investment of a mere hour of your time with no prior knowledge needed, this gentle mental exercise brings uplifting change that will leave you feeling energized and refreshed, and even help you cultivate daily Bliss as a lifelong state of being.

Maryam, an accomplished therapist, trainer and author of the New Harbinger book "Everyday Bliss For Busy Women" (May, 2008) says of this transformative opportunity:

"It's dismaying to hear both clients and friends saying they dread going home for the holidays... or for whom the holiday season meant a month or more of depression and unhappiness. With the quick and simple techniques we have today, this is just so unnecessary. I hope everyone who reads this will take the time to give a listen to the audio and work this "Breathing Peace" method to their benefit. It's wonderfully relaxing and changes relationships, perspective and events like magic!"

The "Breathing Peace" process is additionally good all year 'round to take care of stress at its source. Though typically framed around the holidays or whenever families and significant others can make everyday living stressful, you'll be able to transpose the process to many different situations and environments to achieve personal Peace.

...continued...



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...continued...

No special skills are needed, just sit back, relax and follow the instructions along with Maryam's able guidance and plucky volunteer client Sabrina, an intern at The Energy Coach Institute. Written instructions on how to perform the method again, plus invitations to monthly telegatherings where similar information is shared, are also included in this powerful gift.

For instant access, catch YOUR audio break for the holidays here:
<http://www.maryamwebster.com/holidayblissparty/>

The work you'll experience on this audio is a powerful component of Maryam's Everyday Bliss Coaching process and her Certified Energy Coach Program's GAP coaching model - known for its lightspeed transformative power and ease of usability.

Beginning in February, The Energy Coach Institute will be offering Maryam's personal development program:

“The 12 Keys To Blissful Living”

Taught by Maryam and a stellar cast of Everyday Bliss Experts, participants will use methods like you'll learn in this free audio, to clear the 12 common Bliss Blockers and use the 12 Bliss Keys to generate Peace in everyday life. Plus you'll learn simple, uncomplicated ways to transform relationships, living conditions, job situations and begin to live a life free of limitation.

You can learn more and register for this unique program here:

<http://maryamwebster.com/12keys>

We at The Maryam Webster Group and Energy Coach Institute hope you enjoy this free peace-bringing method, and wish the world the Happiest and Most Peaceful of Holiday Seasons.

Reference URL's:

maryamwebster.com
energycoachinstitute.org
everydaybliss.org



Maryam Webster
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Maryam's publicist at New Harbinger is Earlita Chenault. She would be happy to speak with you about featuring the Everyday Bliss book, and booking Maryam as a speaker for your event.

Earlita can be emailed at: earlita@newharbinger.com
Phone: 510.652.0215 Ext: 142

Availability

Maryam is available throughout the year, particularly through the stressful holiday period, to speak with your listeners and share the secrets to instilling Bliss through deep relaxation, improved health and exquisite self-care as their daily experience of life. Specific workshops on the Everyday Bliss Process and related techniques are available through The Energy Coach Institute, and by arrangement.

More Information

<http://maryamwebster.com>
<http://energycoachinstitute.org>
<http://everydaybliss.org>



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