



For Immediate Release:

## **RHONDA BRITTEN, STAR OF NBC'S "STARTING OVER," USES INTERNET TO TEACH OTHERS HOW TO "JUMP INTO LIFE"**

Throughout their history, Americans have always had a strong inclination toward Self-Improvement. From Ben Franklin, one of the country's earliest models of personal development, to today's ranks of motivational speakers and gurus, it seems that what is now known as the "Personal Transformation" movement has been with us from the start.

However, if there is one flaw in today's ever-expanding "Self-Help" community that tends to keep away some people who might otherwise be interested, it is a perceived lack of grounding in the "Real World."



That is why Rhonda Britten, a best-selling author and star of the NBC Television reality series "Starting Over," has been such a welcome presence to a growing national audience. Rhonda begins her work by addressing the subject that is so primal and universal in our shared Real World: Fear.

Having overcome the personal tragedy of witnessing the deaths of her parents while still a teen, Rhonda has devoted her life to examining the inner resources that she used to survive this horrible event, and how she can teach these resources to others as a skill-set that they can use to overcome difficulties in their own lives.

To date, Rhonda has distilled her learning process into three best-selling books, "Fearless Living," "Fearless Loving," and the newly released "Change Your Life In 30 Days."

And as an innovator who has been inspired by her own success in the television and print media, it is only natural that Rhonda would fine-tune her learning and teaching processes for the Internet. This month, Rhonda launches her new system of both Internet and Telephone based training, where people seeking to transcend their fears can get to the point where they, too, become coaches and help others. Called the "Certified Fearless Living Coaching Program," it serves as the latest model for the "Personal Transformation" movement. Why? Because it doesn't depend on one guru but on the democratic ideal of people gathering wisdom and sharing it with others.

"Our coaching program is the most thorough, in-depth, and supportive coaching program in the world," exclaims Rhonda. "No other coaching program does what we do!"

For more information, visit Rhonda's website, <http://www.FearlessLiving.org>, and discover an approach that harkens back to Ben Franklin's sound advice and propels you forward to a time when Fear is not overwhelming you, but has been put into perspective. As Rhonda Britten says, "'Fearless Living' isn't about death-defying stunts like jumping out of a plane. Rather, it's about 'Jumping Into Life.'"

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