

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

[www.ExpressYourselfTeenRadio.com](http://www.ExpressYourselfTeenRadio.com)



[www.btsya.com](http://www.btsya.com)

**Express Yourself!**  
Sunday at 3 PM Pacific  
**December 13th 2020: Self-Acceptance**

Self-acceptance is recognizing who we are. Hosts Andrea Smith and Siri Phaneendra talk with reporter Jack Pawlakos about refocusing thoughts and energy on our uniqueness, special skills, talents, and abilities to develop personal self-acceptance. The hosts interview publicist and author, Laura Segal Stegman with her middle grade debut novel, Summer of L.U.C.K. about three kids finding their way to self-acceptance with the help of a ghost who haunts a magical carnival. Laura shares the perseverance it took to bring this novel to publication during 18 years of creation. She was inspired by a fe

[Read more](#)



### Tune in

Sunday at 3 PM Pacific Time  
on VoiceAmerica  
Empowerment Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-888-346-9141**  
**Intl: 001-480-553-5760**

### Featured Guest



#### Laura Segal Stegman

Laura Segal Stegman is a Los Angeles-based arts publicist and author whose middle grade debut novel, Summer of L.U.C.K., will be published in September 2020 by INTense Publications, followed by a sequel in 2021. Laura's non-fiction credits include collaboration on the travel book Only in New York, and her feature stories have appeared in the Los Angeles Times, Los Angeles Magazine, Westways Magazine and Christian Science Monitor, among others. A long-time publicity consultant, she owns Laura Segal Stegman Public Relations, LLC, which has represented a wide-ranging client list of businesses, arts organizations and non-profit events over the years. She is a Phi Beta Kappa graduate of UC Irvine

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**