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### Today's Inspiring Women Archives Available

August 21st 2014: Staying Positive, What Robin Williams Didn't Know

Staying positive today when life gets in the way and makes you blue or depressed can sometimes be a challenge. This week our two special guests will help you to stay positive with the storms in your life. Judy Belmont is the author of 5 books, including The Swiss Cheese Theory of Life, which offers practical strategies for a more positive life. Her message of positivity, healthy communication, resiliency and self-empowerment has reached thousands nationwide through her interactive presentations on mental health, emotional wellness and workplace wellness topics. Our second guest is Sgt. Stepha

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### Featured Guests



#### Judy Belmont

Judy Belmont, M.S., LPC is a wellness speaker and author, and is a member of The National Speakers Association. Over her 35 years as a psychotherapist and workplace wellness consultant, she has bridged the areas of Psychotherapy and Wellness on radio, TV and print media.

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#### Sgt. Stephanie J. Shannon

Sgt. Stephanie J. Shannon is an author, entrepreneur, consultant, inspirational speaker and veteran advocate who has over 27 years of experience in the fields of business, social work, business, community development, leadership, ministry, collaborations, workshops, seminars and singing.

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