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June 25th 2015: Turn Struggles into Success: Get a Cue from Helen Woo

Do you know what a "Wooism" is? If not, it's time to find out what these wonderful gems of wisdom are and how they came to be. In the PR material for Helen Woo, the question is asked of you, "Depressed, Unhappy, Stuck in Life? Then take your cue from Helen Woo's "Self-Aid" to put your life back on track." Woo offers the transformative thinking that helped her overcome the miseries in her life. Helen will share with us how she recovered from the life that gave her, "self-esteem issues, mental and physical abuse, grief, substance abuse, betrayal and depression." Woo found the resources within he

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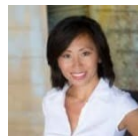
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Featured Guest



Helen Woo

Inspirational speaker, author, and radio personality, Helen Woo is passionate about making a positive difference in this world. She came from a traditional Chinese family who immigrated to America shortly before her birth. Aside from a very difficult upbringing, Helen faced many physical challenges in addition to overcoming struggles with depression, abuse and addiction. Today, physically and mentally healthy, she is here to share her success stories. Helen helped herself overcome all the misfortunes in her life, and she hopes to make a positive difference, to help others get through their own challenges. She is the host of a weekly radio talk show, "Self Aid Success Stories," and the auth

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