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**FOR IMMEDIATE RELEASE**

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**THE NATION'S CAPITAL BOASTS BREAKTHROUGH IN SELF-HELP TREND**  
***Author and professional life coach Valerie Burton to shed light on issue***

**Washington, D.C. (August 4, 2005)** – In an age where self-help books, tapes, and CDs are flying off the shelves, studies show that women are unhappier with their jobs, marriages, and self-images than ever before. In turn, self-help, has become a multi-million dollar industry.

This phenomenon will be the focus of a new forum offered by Spiritually Speaking, an organization based on Christian principles that delivers networking and community events. “Tea & Talk” will be held from 2:00 to 5:00 p.m. on August 20, 2005, at The Madison Hotel located at 15<sup>th</sup> and M Street, NW, Washington, DC.

The self-help trend may be a direct result of people seeking more answers in an uncertain, materialistic world.

“When your life is not all that you had hoped, you are more likely to seek resources and information that will help you create a more fulfilling, less stressful life,” explains Tea & Talk’s featured speaker, Valerie Burton.

Burton is a professional life coach and best selling author of *Listen to Your Life, What’s Really Holding You Back?* and *Rich Minds, Rich Rewards*. She coaches entrepreneurs who have created multi-million dollar businesses and professionals seeking a more purposeful path. She is a frequent media contributor on issues of success, purpose, and living a less stressful life. Burton has engaged in hundreds of interviews with media such as CNN, InStyle, Self, Real Simple, Ebony, Essence, Black Enterprise, The 700 Club, and The Los Angeles Times.

According to Spiritually Speaking’s founder, Towan Isom, Tea & Talk is a platform for women to uncover the connection between happiness, a healthy self-image, and finding one’s true purpose.

“The tabletop workshops and panel discussion will give women an opportunity to be honest about what is keeping them from identifying their true purpose and reaching their potential,” says Isom.

Tea & Talk tickets are available for purchase online at [www.spirituallyspeak.com/registration.htm](http://www.spirituallyspeak.com/registration.htm).

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**ABOUT SPIRITUALLY SPEAKING**

Spiritually Speaking is an organization created to empower, inspire, and influence women. Our goal is to help women build better personal, emotional and spiritual skills. For more information on Spiritually Speaking events, join the mailing list at [www.spirituallyspeak.com/mailing.htm](http://www.spirituallyspeak.com/mailing.htm).

**Members of the press may receive complimentary press passes to Spiritually Speaking events. Please contact Towan Isom, at [isom@isomevents.com](mailto:isom@isomevents.com) or 202.388.4205.**

**To book Valerie Burton as a speaker, purchase books, or subscribe to her free e -newsletter, visit [www.valorieburton.com](http://www.valorieburton.com).**