

Portraits
September 2005 Newsletter

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Greetings

It's hard to believe September is upon us and summer is nearing an end. I must admit that I am somewhat thankful. It's been a rough summer weather wise with the high temperatures and even higher humidity levels. And now with the wrath of hurricane season upon us, I am hoping for a calmer, yet fruitful, fall and winter for all of us. My thoughts and prayers are with the victims of Hurricane Katrina. Please do your part to support the victims, even if it's just including them in your prayers.

Despite the weather, for which I have no control, I have been diligently working on furthering the mission of *Portraits in Determination*. Upon creating a buzz with the latest episode of my cable television show, which is available for download at <http://www.portraitsindetermination.com/media/index.html> I have been asked to host my own international weekly radio program that will broadcast live via the internet on the health channel for Voice America. The show is set to debut on Friday - October 21, 2005 @ 7:00 p.m. EST. I am very excited about this opportunity to make my talk show available to people all around the world. I plan to interview celebrities, politicians and everyday people about their stories of survival and overcoming adversity. I also plan to have world-renowned astrologers and psychics taking your calls. Each show will have a theme, one week we may focus on neurological disorders and the next week we may talk about addictions. We all have a story to tell so if you know of anyone with a great story who may want to appear on the radio, please refer them to me at Linda@portraitsindetermination.com. It's also a great opportunity for someone to promote their book or other projects.

As with the success of any television or radio program sponsorship is crucial. Oprah made her billions from advertising dollars. I don't need an eight figure income – a high six figure one will do. If you or someone you know wants to get in on this ground breaking opportunity to provide world wide exposure for your business, please contact me at (410) 964-1303. I am looking for anyone who believes in the mission of *Portraits in Determination*. If you or someone you refer to me signs a contract to sponsor the radio program I will send an autographed copy of my book *101 Simple Suggestions and Quotations to Express Compassion and Empathy*. It's a win-win situation for everyone!

I have been on the phone with agents, publicists and assistants for the past couple of weeks securing well known celebrities. Once a date is confirmed I will send out an e-postcard advising when the interview will air. I kindly ask that you then forward the e-postcard to everyone you know. I'm counting on all of you to help me make this show a success. Awareness is essential.

Are wondering who's listening to Internet Radio: (in a recent Arbitron survey)

- ✓ An estimated 19 million Americans and growing
- ✓ Account for 42% of online spending
- ✓ Annual income of \$50,000 or more
- ✓ 47% work in technology, management, medical or professional positions
- ✓ 82% use broadband
- ✓ 41% listen 3 hours or more each listening session
- ✓ 62% of female listeners are between the ages of 25-49
- ✓ 57% of male listeners are between the ages of 25-55
- ✓ 50% have listened for over a year
- ✓ 68% are tuned in 5 or more days each week
- ✓ American listeners have quadrupled in the past 3 years and growing

I look forward to hearing from you and gaining your assistance in making *Portraits in Determination* - the radio show, a great success. Feel free to forward this newsletter to your friends and colleagues.

Be well,
Linda Furiate

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Ask Linda

Dear Linda:

I have had cervical dystonia for over ten years. I have found that at times I become very depressed. What recommendations do you have to help me move beyond my depression? I do see a therapist on a regular basis and feel I am in good hands with her, but I would like to know first hand how you may deal with overcoming depression since you also have cervical dystonia.

Kate M. – Des Moines, Iowa

Dear Kate:

The depression we may experience as a result of living with the symptoms of a movement disorder can at times be overwhelming. Often we find ourselves isolated from our friends, family and our dreams.

If we can rule out any psychiatric and organic reason I feel depression may be a result of feeling as though we are not able to fulfill a dream or desire. How many times have we said “oh, I am so depressed, it’s Saturday night and I am home alone or Bobby didn’t call me like he promised he would.” Of course these are minor issues and the feeling of depression typically only lasts for a few moments. However, in some cases when we experience a prolonged period of time with numerous desires going unfulfilled, long term depression may occur.

Ways avoid depression is to keep your mind occupied, rather than allowing yourself to focus on your condition or negative circumstances. This can be done by reaching out to friends and family, engaging in a hobby, or volunteering your time – even if it’s just something you do from home. When you find yourself having to spend a great deal of time alone, develop a long term project such as watching all of the movies made with one of your favorite actors; organize your cabinets or dresser drawers; sort through all your clothes, getting rid of things you do not wear anymore; write yourself a love letter mentioning all of the things you love about yourself and what others love about you – re-read it often; or plan future events so that you have something to look forward to. The key is to keep your mind positively engaged.

An additional avenue that may help you move beyond your depression is to do something every day to aid in your physical and emotional well-being. By doing so, a few things may result: one, you may begin to feel better physically; two, you may begin to feel better emotionally; and, three, you may now be ready to pursue your dreams and desires, eliminating the depression for good.

I hope this provides the insight you are seeking.

Be well,
Linda Furiate
Spiritual Coach and Mentor

If you have a question for “Ask Linda” send it to Linda@portraitsindetermination.com. One question will be randomly chosen each month for this newsletter. To obtain a deeper understanding of your soul purpose and assistance to guide you toward your future, I would suggest an on-going series of individual mentoring and coaching sessions. To learn more log onto www.portraitsindetermination.com

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Services

Mentoring/Coaching Sessions -

Confused about your path in life? Are you trying to understand current personal setbacks such as a job loss or illness? Or is life perfect and you wish to find the right tools to assist you in making even more dreams come to fruition? Call me (410) 964-1303 or email Linda@portraitsindetermination.com or log onto http://www.portraitsindetermination.com/mentoring_services/index.html

Group Coaching Sessions –

Every Wednesday -12:30 p.m. – 1:30 p.m. Work together in a group environment at a more affordable rate. \$40 per session. Email Linda@portraitsindetermination.com to enroll. Meetings are held at 5245 W. Running Brook Road, Suite 201, Columbia, Maryland 21044.

S.T.E.P.[™] -

Spasmodic Torticollis Exercise Program – A comprehensive exercise program for individuals with cervical dystonia created by Linda Furiate. S.T.E.P.[™] is a step by step program designed to relax, tone and strengthen the neck muscles. <http://www.portraitsindetermination.com/step/index.html>

Astrological Readings –

Natal chart, personality profile, past life reading, relationship compatibility or career and life path reading. One hour session by phone \$125.00. http://www.portraitsindetermination.com/mentoring_services/index.html

Natal Chart Report –

Computer generated report, 25-30 pages. Details house and sign interpretation and planet aspects. \$25.00 plus shipping and handling. http://www.portraitsindetermination.com/mentoring_services/index.html

Business Writing Services –

Press Release Writing
Public Service Announcement for Radio Ad
Web Content
Dissertation for PhD - Edit and Format
Resume Preparation
http://www.portraitsindetermination.com/mentoring_services/index.html

Read inspiring articles on those who have learned to rise above the adversity in their life www.portraitsindetermination.com/inspirational.html

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To purchase *101 Simple Suggestions and Quotations to Express Compassion and Empathy* log onto www.portraitsindetermination.com

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Television Show

Portraits in Determination

Channel 73 (in Howard County, MD)

Tuesdays @ 10:30 a.m. 2:30 p.m. and 6:30 p.m.

Interview with Beka Serdars and Living with Cervical Dystonia

Also view online <http://www.portraitsindetermination.com/media/index.html>

In the City of Annapolis – Comcast cable, channel 99:

September 2005 – Mondays, Wednesdays and Fridays @ 10:30 a.m. and

Tuesdays and Thursdays @ 4:30 p.m.

Regular Contributor to:

Spikes & Spasms Quarterly Newsletter

http://tremoraction.org/newsletter/sept_2005.pdf

To hear past radio interviews log onto: <http://portraitsindetermination.com/media.html>

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For past newsletter issues: www.portraitsindetermination.com/newsletters.html

Thank you!

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