

Beth Wilson

Expert guidance. Transformative results.... Your breakthrough!

BIO

Beth Wilson is a best-selling author, speaker, producer, TV Host and Transformational Life Coach. Her first book, *Meditations for New Mothers* has sold over 800,000 copies, has been translated into twelve different languages, and sold world-wide. The book appeared on the front page of The Wall Street Journal due to its record breaking sales five months after publication. Her follow up books *Meditations for Mothers of Toddlers*, *Meditations During Pregnancy*, *Restoring Balance to a Mother's Busy Life* and *Creating Balance in Your Child's Life* have sold over 400,000 copies. Her latest book, *He's Just No Good For You: A Guide to Getting Out of a Destructive Relationship* has been optioned for television in the U.S. Beth is also pursuing television shows based on her books and is currently in discussions with producers at DreamWorks.

A regular guest on *The View From the Bay* (ABC-7) in San Francisco, Beth is an expert in parenting strategies as well as how to achieve overall balance in daily life. She writes her own segments for her producer and shares great chemistry with her co-hosts.

Beth's internet radio show, *Quantum Leaps* went to #1 on The Women's Channel on Voice America. She quickly transferred to television with her current show, *In the Sisterhood* which reaches 70,000 households in the Bay Area which also streams online. Committed to exploring what is on women's minds and in their hearts, Beth is an expert at approaching topics with a fresh angle, introducing women to issues that empower as well as enhance their well-being and quality of life. Clearly, men enjoy the show since Beth regularly receives requests and feedback from men who listen/watch the show.

As a Transformational Life Coach, Beth brings more than advice to her clients. She speaks to their soul, penetrates obstacles and perceived problems, moving her clients into greater clarity and more meaningful action. Her client list includes celebrities, politicians, executives, academics, film producers, models, parents, teens, Olympians, authors,

business professionals, educators, CEOs, and stock brokers in the U.S., Canada, Australia, Europe, Japan, S. America and Russia. Beth has also worked in Europe to develop comprehensive wellness programs with physicians and alternative medical practitioners.

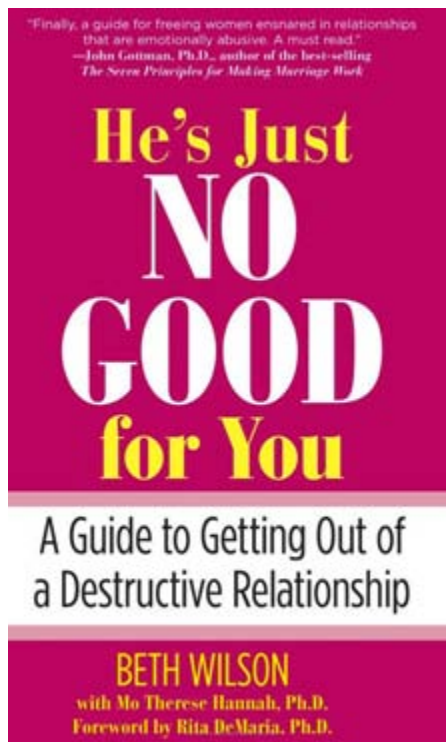
Having worked for Congress as a Legislative Assistant for the only woman on the powerful Armed Services Committee, Representative Patricia Schroeder, Beth wrote speeches, floor statements and legislation on the congresswoman's behalf. Her duties brought her into close contact with The Department of Defense, Nuclear Proliferation Prevention and The CIA. A champion of women's issues, Beth passed legislation for military wives within her first year on "The Hill." She was also instrumental in crafting The Parental Leave Bill which eventually passed into law. More recently, Beth was invited to the U.N. as part of The City of Refuge Project designed to assist victims of the sex slave trade. Also a member of The Women's Global Leadership Network Beth has been asked to produce, write, host and drive content for an internet network, Linqto, in order to unite women leaders, empower individual women as well as a variety of organizations throughout the world with interactive internet "TV shows".

Beth is a mother to three wonderful children, one born to her and two others who found her. She enjoys travel, distance swimming, ocean adventures, dancing, reading and writing, fashion and "girlfriend time," connecting with new people, laughing with her children—and anyone else's children for that matter—and TV and film.

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He's Just No Good For You: A Guide to Getting Out of a Destructive Relationship



Psychologists estimate that up to 55% of men are bad news when it comes to their intimate relationships so it's not surprising that many of us find ourselves with toxic guys. So what's a girl to do? Maybe it's time to start thinking about having the love you really want.

In *He's Just No Good For You*, I talk about lies and deception—women's kryptonite—and other red flags to look out for when getting involved with a man as well as watching out for “the dirty dozen”—profiles of twelve types of men you want to avoid.

Actress Sharon Stone once said: “Women may fake orgasms but men fake entire relationships.” Don’t get ensnared or allow a destructive man to string you along rather than building a real relationship. Good men may be hard to find, but it can be done! Here’s what to look for:

- **Does the man you’re with/dating take your opinions into account?**
- **Does he respect your choices even if he expresses concerns or differing views?**
- **Is he emotionally available?**
- **How does he handle conflict?**
- **Is he prone to lying and mind games or answers you honestly?**
- **Does he do things to make you feel secure in the relationship or does he purposefully disrupt your bond by engaging you in crazy-making arguments, peppering his words with cutting comments or by manipulating you to throw you off-balance?**

Remember, all relationships take some work, but the good ones have flow, they’re loving despite occasional ups and downs....you don’t spend so much time trying to recover from abusive, crazy-making behavior. Instead, you have time for romance, family time, laughing at each other’s jokes, making love and growing closer, together.

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ENDORSEMENTS

“Beth Wilson’s brand of empowerment is partnership leadership in action. She brings out the best in her guest while offering her listeners insights and inspiration to change themselves, their communities and the world. (Quantum Leaps Radio Show)

Riane Eisler, Ph.D. Founder of The Institute for The Partnership Way and author of numerous books including, *The Chalice and the Blade*, *The Real Wealth of Nations: Creating a Caring Economic and Tomorrow’s Children*. Desmond Tutu hailed her book as “a template for the better world we have been seeking.”

Beth is a guardian angel who is committed to women’s empowerment in partnership with men. A real pro, and her passion, beauty and commitment to women radiates from her.

Rayona Sharpnack, Founder & CEO of The Institute for Women’s Leadership, author of *Trading Up*, and a contributor to *Goddess Shift: Women Leading For a Change*.

My interview with Beth was an exhilarating experience. She was knowledgeable, well-prepared and asked questions that demonstrated her interest and enthusiasm for the topic. I appreciate her obvious commitment to approaching her work with integrity and to sharing cutting edge information and ideas with her listeners.

**Kathy Turner, RN, NP, CHTP
Director, Healing Partners Program at Stanford University,
Stanford Hospital**

I have done hundreds of interviews over the last 30 years as a pioneer in women's studies and never have I felt the rapport I've experienced with Beth. You set up a solid personal connection before the interview and create a context within which a creative and spontaneous interview can happen. Thank you for having me on your show.

**Sally Roesch Wagner, PhD
Executive Director
The Matilda Joslyn Gage Foundation**

Beth's multiple senses as a Life Coach helps reveal seeds of dreams that can catalyze our soul's work. Our many sessions that spanned over years opened my imagination and gave me needed insight to bring The Flag Foundation into reality. On behalf of the many that benefit from our work, we remain deeply grateful to Beth's vision and dedicated direction.

**Kimberly Carlisle, Olympian, President of Carlisle Enterprises
and Founder of The Flag Foundation**