



## Beth Wilson Biography

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Beth Wilson is a best-selling author, speaker, integrative life coach and women's empowerment expert whose active involvement with parenting and women's issues, as well as personal growth and change, gives her a unique perspective on the challenges facing men, women and families today.

Wilson's multidimensional approach to accelerated personal growth and creative life change helps people to connect and then apply their newly acquired knowledge in a concrete way – with transformative results. She is frequently sought after by print and broadcast media to provide comment on the issue of life balance.

Wilson is the author of the best-selling book, *Meditations For New Mothers* (1992), which was featured on the front page of *The Wall St. Journal* due to its volume sales in the first five months of publication. Currently, it has sold more than 800,000 copies and been translated into 15 different languages.

The success of Wilson's first book was followed by publication of *Meditations For Mothers Of Toddlers* (1995), *Meditations During Pregnancy* (2001), *Restoring Balance To A Mother's Busy Life* (1996) and *Creating Balance In Your Child's Life* (1999).

Wilson is currently finishing her latest book, *He's Just No Good For You: A Guide To Leaving A Destructive Relationship*, expected in January 2009.

Wilson is also the host of "Quantum Leaps," the popular Internet radio talk show with an international audience that airs on Voice America, the leading live Internet talk radio broadcaster. After initially airing on Voice America's Women's Network, where it became the top-rated show in just 10 weeks, the Internet broadcaster moved the show – which offers listeners a new path for self-empowerment – to its flagship channel in May 2008.

At the same time, Wilson launched a new website, [www.bethwilsonlifecoach.com](http://www.bethwilsonlifecoach.com), as a companion to the radio show. In addition to expanding upon the conversations Wilson has with callers to her show and life coaching clients, the website lets visitors sign up for a free bi-weekly ezine, "Teaming with Life," which covers personal growth and health topics.

Wilson earned her B.A. in International Relations from Oberlin College. Upon graduating, she worked as a legislative assistant for former Congresswoman Pat Schroeder, who was the only woman on the prestigious and powerful Armed Services Committee. As part of her duties, Wilson drafted legislation, floor statements and speeches on Congresswoman Schroeder's behalf and "learned first-hand, how challenging it was to operate in a man's world, and how misunderstood 'woman's issues' truly are."

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Wilson's client list includes politicians, celebrities, scholars, royals, Olympians, models, parents, journalists and financial executives. She also has formed an extensive international network of physicians, osteopaths, nurses, healthcare practitioners, therapists, and social workers who utilize her skills for individualized wellness programs.

Wilson conducts life coaching sessions over the phone and travels extensively to meet with clients in the U.S., Canada, Australia and Europe. Based in Mountain View, Calif., and the mother of three children, she enjoys distance swimming, film and traveling in her spare time.

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