

## World Talk Radio Host Garners Rave Reviews for New Teen Survival Guide

*"We are not created equal. We are something far better. We are unique," writes New York Times best-selling author, personal growth consultant, and World Talk Radio host, Cynthia Brian in her inspirational new guidebook for teens, Be the Star You Are! For TEENS-Simple Gifts for Living, Loving, Laughing, Learning, and Leading.*

Phoenix, AZ ([PRWEB](#)) August 27, 2009 -- It's not easy being a teenager in the 21st century. Kids communicate more through text and instant messaging than through personal interactions. Teens are plagued by depression, eating disorders, drugs and alcohol, as well as a media that glorifies fame, money, beauty and sex without providing any role models for becoming self-reliant individuals. Reviewer Starla Allen wrote about Brian's book, "Cynthia is someone who really does care about teens no matter what. She would pick them up, dust them off, give them a kiss and say don't worry about it you can do this. This book is going to be hidden inside a history book in classrooms! That's ok, kids need to learn more about themselves before they can even tackle history. " As Brian puts it, "America is witnessing a growing epidemic of youth helplessness. Be the Star You Are! For TEENS is a refreshing escape from sermons and rules. Instead the book offers straightforward stories and tools in easy-to-read, short chapters guaranteed to help adolescents survive in a rapidly changing, fast-paced world."

Written by teens, for teens, about the multitude of challenges faced throughout adolescence, Be the Star You Are! For TEENS invites readers to embrace their individuality. Simple, direct and powerful, each chapter of Be the Star You Are! For TEENS focuses on an aspect leading an abundant life, instructing readers with a true story, a life lesson, an electrifying exercise of implementations, and a quote for reflection.

Since 1998, Cynthia Brian has been broadcasting her empowerment radio show, Starstyle-Be the Star You Are! where she interviews authors and experts that help listeners enhance their lives. As a producer and host on World Talk Radio, her show is broadcast live every Thursday from 3-4pm PT/6-7 pm ET on Modavox, the worlds largest radio network. (<http://www.modavox.com/worldtalkradio/vshow.aspx?sid=764>) Cynthia has interviewed over 1500 premier thinkers, celebrities, and authors including Deepak Chopra, Dr. Phil, Jack Canfield, Neale Donald Walsch, and Wayne Dyer. A popular segment is T42-A Mother/Daughter Brew is co-hosted with her young daughter, Heather Brittany, bringing hot tips of the day to bridge the generation gap. Many of the contributors to Be the Star You Are! For TEENS have been showcased on Starstyle-Be the Star You Are! to share their chapters of Gifts on the program.

Actress Olesya Rulin, star of High School Musical, 1,2, 3 endorsed the book with these words, "" I wish I would have read this when I was a teen. It would have encouraged me to let go and be me. Individuality is crucial in life. This book helps explain why it is so important to stay true to yourself." –Pro surfer and teen inspiration, Bethany Hamilton says that this book makes her "want to surf a bigger wave!" Be the Star You Are! For TEENS, is ideal for teens looking for answers and parents, teachers, grandparents, coaches, or advisors searching for communication guidance. The book is guaranteed to awaken passion, potential and infinite possibilities to help tweens, teens, and young adults major in success.

All proceeds from the sale of the book benefit the literacy charity, Be the Star You Are!, a 501 c3 dedicated to improving literacy and positive messages for youth while offering them tools for living. (

<http://www.bethestaryoauare.org>) Autographed copies of the book are available immediately through <http://www.bethestaryouare.com> and will be available in bookstores and on-line later in the fall.

Be The Star You Are airs live on Thursdays at 3 PM Pacific / 5 PM Central / 6 PM Eastern on the World Talk Radio Variety Channel. To access the show, log on at <http://www.modavox.com/worldtalkradio>. All shows will be available in Cynthia Brian's Content Library on the World Talk Radio Variety Channel for on-demand and podcast download.

The World Talk Radio™ Network offers the latest conversations in a talk radio format, providing education, interaction, and advice on key issues live, on demand as well as through pod cast download. If interested in hosting a talk radio show on World Talk Radio Network, contact Jeff Spenard, President of Internet Radio at 480-294-6417 or at jeff (dot) spenard (at) modavox (dot) com.

Contact Executive Producer Brandy Jackson at 480-294-6411 for advertising / sponsorship information or other show details.

#### About the Author:

Cynthia Brian is a member of American Society of Interior Designers (ASID) and the best-selling co-author of Chicken Soup for the Gardener's Soul, author of Be the Star You Are! 99 Gifts for Living, Loving, Laughing, and Learning to Make a Difference, The Business of Show Business and Miracle Moments. She is an internationally acclaimed keynote speaker, personal growth consultant, host of radio and TV shows, syndicated columnist and acting coach. With nearly three decades of experience working in the entertainment field as an actor, producer, writer, coach, designer, and casting director, she has had the honor to perform with some of the biggest names in the industry. Brian is the founder and executive director of the charity Be the Star You Are!, which empowers women, families and youth at risk. For more information, please visit: <http://www.bethestaryouare.com>, <http://www.star-style.com>, <http://www.bethestaryouare.org>, and <http://www.starstyleradio.com>.

#### About World Talk Radio/Modavox:

(OTC:BB MDVX), Modavox is the leading producer and distributor of online talk radio content, streaming approximately 250 hours of live programs and scheduled replays weekly on its Modavox World Talk Radio™ Network (<http://www.worldtalkradio.com>). Modavox, Inc. (<http://www.modavox.com>) is a pioneer in internet broadcasting, producing and syndicating online audio and video, and offering innovative, effective and comprehensive online tools for reaching targeted niche communities worldwide. Through its patented Modavox technology, Modavox delivers content straight to desktops and Internet-enabled devices. Modavox provides managed access for live and on-demand internet broadcasting and syndication, content management, online meetings, event management, enterprise communications and distance learning.

#### Forward-Looking Statements:

This release contains "forward-looking statements" for purposes of the Securities and Exchange Commission's "safe harbor" provisions under the Private Securities Litigation Reform Act of 1995 and Rule 3b-6 under the Securities Exchange Act of 1934. These forward-looking statements are subject to various risks and uncertainties that could cause Modavox's actual results to differ materially from those currently anticipated, including the risk factors identified in Modavox's filings with the Securities and Exchange Commission.

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