



**PRESS RELEASE**

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**“The Energizer” Leads Talks For Women Only**

**Fort Lauderdale, Florida – October 26, 2010**– Dr. Gwendolyn Goldsby Grant stresses the need for women to be independent emotionally, mentally, and financially. Dr. Grant has earned the moniker, "The Energizer," for her work on the lecture circuit. Television producers refer to her as the "high energy expert". Many of her lectures focus on mental health, but she aims to empower and energize others to obtain health in all aspects of life. Dr. Grant's message can be heard on Dr. King's "Health Fusion Hour" at noon on the Health and Wealth radio station 1470 am or [www.wnnradio.com](http://www.wnnradio.com), on Wednesday Oct. 27th, 2010. This will be a great prelude to her presentation which she is scheduled to deliver on Monday, November 1, 2010 for the ladies and their guests at the National Association of Women Business Owners (NAWBO)-Broward chapter monthly meeting. Membership is not required to attend this presentation, but reservation is required.

For over 25 years, Dr. Grant wrote the advice column, "Between Us," for Essence magazine which has been read by millions of women. In her column, Dr. Grant has addressed such topics as dealing with quarrels in a relationship, sex during pregnancy, getting over a breakup, and orgasmic dysfunction. Her friendly and practical tone made the information easily accessible to readers.

Dr. Grant has hosted a mental health radio talk show. She does guest appearances on television and radio, including Montel Williams, Good Morning America, Sally Jessy Raphael, Ricki Lake, Oprah, The News Hour on PBS, Black Entertainment TV (BET), The Maury Povich Show, National Public Radio, CBS News, CNN, and others.

The areas of expertise for Dr. Grant range from assertiveness training and multicultural issues to parenting, human sexuality and male/female relationships. Her book, *The Best Kind of Loving: A Black women's Guide to Finding Intimacy*, is a best-seller focusing on healing male/female relationships. Through her lectures, columns and books, Dr. Grant offers no-nonsense advice you might expect to hear from a parent.

This informative, energetic and empowering discussion between Dr. Gwendolyn Grant and Dr. Elizabeth King will be helpful to women of all ages. Dr. King's holistic philosophy on psychological and physical health along the mental health expertise of Dr. Grant is sure to benefit all listeners, regardless of gender. "Mental health is often overlooked, but it does play a major role in the total well-being", Grant stated.

NAWBO is a non-profit organization of more than 8,000 members that represent women business owners across all industries, founded in 1975. NAWBO offers support resources and opportunities to propel women entrepreneurs into economic, social and political spheres of power worldwide.

NAWBO  
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*For more information about Dr. King, the International Holistic Center or "Dr. King's Health Fusion Hour", call 954-903-9426, email [DrKing@IHCHealthFusion.com](mailto:DrKing@IHCHealthFusion.com), or visit [www.IHCHealthFusion.com](http://www.IHCHealthFusion.com).*