

REGION'S NEWEST TV TALK SHOW OFFERS PRACTICAL ADVICE ON SUCCESSFULLY "NAVIGATING YOUR LIFE"

Bethlehem, PA (January 12, 2010)...Supporting Troops and Their Families; Blending Families; and Beating Stress are some of the topics slated for a new weekly talk show airing on 69 WFMZ-TV beginning Monday, January 25. In addition to presenting viewers with information and solutions to the challenges of everyday life, *Navigating Your Life with Dr. Nat Williams* also features brief profiles of a child awaiting adoption and an unemployed individual actively seeking employment.

“Everyone faces countless challenges in life--divorce, death of a loved one, difficulties at work, health issues. There is no way to escape these challenges, but we can manage them with a good plan based on balanced decision making, good principles and practices, maturity, affordability, and by embracing life’s realities,” says Dr. Williams. “I am very excited about this opportunity to share information and address issues that are important to the viewers of WFMZ-TV,” says Dr. Williams.

Based on Williams’ popular radio show of the same name, *Navigating Your Life* focuses on personal empowerment, advising viewers on how to successfully manage challenging life events. The focus of the 30-minute show, airing Mondays at 8:30 p.m., revolves around eight vital areas of life, as outlined in Dr. Williams’ book *The Navigator of Life*: (1) Personal Development (2) Family and Friends (3) Education (4) Finance (5) Health (6) Spirituality (7) Recreation (8) Environment

“The show will offer encouragement, enlightenment, and empowerment to help viewers navigate their lives and provide solutions that can be implemented immediately and potentially change lives,” says Dr. Williams.

For more information visit www.navigatingyourlifeshow.tv or www.drnatwilliams.com or call Paula Beck 484-893-5078 ext. 3316.

About Dr. Nathaniel J. Williams

Dr. Williams knows about tragedy, adversity and overcoming the odds. Orphaned at the age of five, he and his 11 siblings were forced into the NYC foster care system until age 18. The challenges of his early life fueled Williams’ educational, personal and professional achievements, which include: four graduate degrees: Ed.D., MHS, MPA, MBA; President and CEO of HumanWorks Affiliates, a non-profit human services organization; Board of Directors member at Pennsylvania Association of Rehabilitation Facilities, Inc., Sacred Heart Villa, Inc., and Vision for Equality, Inc.; author of a series of personal and professional development books including *The Navigator of Life*, *Management and Leadership by the 3Ps*, *The Mature 64*, *The Affordability Factor*, *The Absolutes of Success Series Workbook*, *Embracing Your Real Life*; adjunct graduate professor at Lincoln University; former scholar-in-residence at Kutztown University; Motivational speaker/Workshop facilitator.