

PositiveLIVING
coming up...



Dr. Fuschia Sirois



"If you're caught on that cycle of negative thoughts, it's going to be very difficult to get out of it if you keep it in your head. One way to break that is to stop the thinking and start the doing!"

**Dr. Fuschia Sirois
on Positive Living**

In an upcoming episode, Aida introduces Professor of Psychology Dr. Fuschia Sirois to Chelsea, a high achiever who suffers from anxiety. Dr. Sirois provides Chelsea and Aida with tools and guidance on how Chelsea, and others like her, can overcome their anxious feelings and increase their confidence on the issues that previously caused them anxiety. The Dr. Fuschia Sirois and Chelsea interview premieres: Sunday April 12th, 2009 at 10:00pm on SUN TV in Southern Ontario (EPISODE 112).

Positive Living is an exciting new lifestyle television series designed to educate and motivate viewers. The show is based on the principle that our thoughts are the starting point for creating success. In the course of her investigation into the various theories of success, show creator and host Aida Memisevic consults world-renowned leaders and experts in the field of personal growth and speaks with those at the pinnacle of their careers who are inspiring positive change in the world.

For a complete broadcast schedule go to www.PositiveLivingTV.com/episodes

**Positive Living airs
in Canada on:**

- CityTV
- A-Channel
- SunTV
- One: the Body, Mind & Spirit channel

Viewers can learn more about subjects explored on the show and can connect with like-minded individuals by becoming part of the online community at www.PositiveLivingTV.com



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