



Local Author Takes Viewers on a Journey to Joy with New Cable Series

Published 10/17/2011 - 11:51 a.m. EST

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Bloomfield Hills, MI –October 6, 2011—Bloomfield Hills, Michigan native and best-selling author Charlene Proctor, Ph.D. will launch a new local series entitled "*Your Journey to Joy*" this November on Comcast On Demand. She is the founder of The Goddess Network, an online community with thousands of supporters, which inspires women to lead authentic lives with confidence. She is also a contributor on Lifetime Television's *The Balancing Act* where she offers spiritual perspective on everyday life to millions of viewers.

Your Journey to Joy series is designed to help viewers search from within to look for what they need to create their own personal journey to joy and happiness. Viewers will be able to select from several lessons presented by the renowned author, researcher and educator who coaches and speaks on positive thinking, self-discipline and empowerment.

"Joy is a word that sounds wonderful, but is an illusion to many," said Proctor. "With my new series I will share some simple, easy ways to train your mind to help create the life and joy you desire. It will be a different journey for everyone depending on where you are in your life."

Proctor's own journey has not been easy. Prior to authoring several books on personal growth, self help and spirituality, the mother of two struggled with her then teenage son's alcoholism and the toll it took on herself and her family. Proctor suffered from a debilitating back injury, depression and weight gain and began searching for a way to release her emotional suffering. She traveled to Fiji and India to study at the Oneness University. That experience led her to discover what true joy was and how she could translate it into her everyday life. She took up ballroom dancing as an outlet and found she loved it and it loved her back. She lost 32 pounds, healed from back surgery and went on to win numerous dance awards with her dance partner Blake Kish from the Fred Astaire Dance Studio in Bloomfield Hills.

"We all encounter tough times and challenges in life and I am so grateful to bring *Your Journey to Joy* to metro Detroiters. I want to help my audience create positive change by taking charge of their own thinking," said Proctor. "Through greater self-awareness we are all empowered to find our joy no matter what obstacles we face."

Your Journey to Joy series will be available on Comcast On Demand and Proctor's website, www.charleneproctor.com, beginning in November.