

Local author takes viewers on a 'Journey to Joy' with new cable series - The Oakland Press (theoaklandpress.com) The Oakland Press (theoaklandpress.com), Serving Oakland County

Entertainment Local author takes viewers on a 'Journey to Joy' with new cable series Tuesday, November 1, 2011 Bloomfield Hills native and best-selling author Charlene Proctor, Ph.D., will launch a new local series, "Your Journey to Joy," this November on Comcast On Demand.

The series will also be viewable on her website, [www.charleneproctor.com](http://www.charleneproctor.com).

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" 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 also 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," said Proctor. "I want to help my audience create positive change by taking charge of their own thinking.

"Through greater self-awareness we are all empowered to find our joy no matter what obstacles we face."



“Your Journey to Joy” will be available on Comcast On Demand and Proctor’s website beginning in November.

Proctor is the author of the bestselling book “Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking,” as well as “The Women’s Book of Empowerment: 323 Affirmations That Change Everyday Problems into Moments of Potential.” She plans to release her next book, “The Oneness Gospel: Birthing the Christ Consciousness and Divine Human in You” later this year.

Proctor is the founder of The Goddess Network, an online educational resource for topics on spiritual growth, positive thinking, consciousness, and unity.

She also offers advice on SelfGrowth.com and Beliefnet.com, the world’s largest personal-growth web sites. Her affirmations, lectures and electronic programs reach a worldwide audience daily. She is a frequent media guest and among the Top 100 Thought Leaders of 2007 (Warren Bennis Leadership Magazine).

Proctor earned a doctor of philosophy degree from the University of Michigan.

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