
The Esteemable Acts Newsletter with Francine Ward

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FOR IMMEDIATE RELEASE:

New PBS documentary focuses on lives of inspiring women, including popular author and life coach Francine Ward.

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Life coach, motivational speaker, author, attorney, entrepreneur, marathon runner, and philanthropist. Each of these roles signifies a commendable achievement for any individual; together, they form an extraordinary list of credentials for one person to attain. But when the woman who fits the bill is a formerly drug-addicted, alcoholic prostitute, the magnitude of her accomplishments is astonishing.

Francine Ward is the woman, and her story is highlighted in a new PBS program, *Living Courageously: The Spirit of Women*. A half-hour documentary featuring narration and commentary by actress Jane Seymour, *Living Courageously* celebrates the lives of three women who not only overcame extreme adversity to lead lives of triumph and courage, but who have chosen to turn back and help others create amazing lives as well.

More than 27 years ago, Ward abandoned her self-destructive behavior and embarked on a new path, transforming her life from failure to success and herself from victim to survivor. In her own words, "Like many people, I was taught that failure was the worst thing that could happen to me. And then I failed—a lot! Eventually I realized that out of each failure comes the opportunity to rise to the next level in life."

Ward's philosophy is simple but profound: self-esteem comes from small things we do that make us feel good about ourselves. According to Ward: "This isn't about thoughts or feelings. Self-esteem comes from action—small, consistent baby steps lead the way to lasting change."

Today, Francine dedicates herself to showing people how to let go of their self-limiting behavior and stop thinking of themselves as victims in order to live successful lives. Her books, *Esteemable Acts: 10 Actions for Building Real Self-Esteem* and *52 Weeks of Esteemable Acts: A Guide to Right Living*, chronicle the steps she took to turn her life around. Through coaching and speaking, as well as her writing, Ward has used her experience to help and inspire countless others.

Living Courageously: The Spirit of Women will air on PBS stations in January 2007. Check your local station listings for air times (<http://www.pbs.org/tvschedules>).

For more information on Francine Ward, please visit <http://www.esteemableacts.com>, or contact Francine at (415) 389-0975.

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