

## Allison Bell

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**From:** Allison Bell, President & Inspirational Diva [allison@embracetodayconcepts.com]  
**Sent:** Thursday, September 13, 2007 8:36 AM  
**To:** info@embracetodayconcepts.com  
**Subject:** Break the Old, Embrace The New

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## Summer Edition 2007 Newsletter

[www.EmbraceTodayConcepts.com](http://www.EmbraceTodayConcepts.com)

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Greetings Inspirational Diva,

*"It takes a lot of courage to release the familiar and seemingly secure, to EMBRACE the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power."*

~ Alan Cohen

I was watching Oprah this week and she had her frequent guest "Dr. Oz" on the show talking about heart disease in women. Over 450,000 American women die each year from heart disease. During the show Dr. Oz performed a revolutionary heart scan on a few of Oprah's audience members. He later explained to one of the women that she was moments away from having a massive heart attack. He said the reason her heart had blockage was the effect of eating unhealthy foods and not exercising. "When you eat foods with high amounts of toxins, the toxins are absorbed into the blood and into the heart," Dr. Oz went on to say.

The audience member who had just found out she could have a massive heart attack burst into tears. She admitted over the years she would start dieting, but wouldn't stick with it for what ever reason. She also said she 'hated working out' - so she simply didn't do it. Of course she felt regret in not taking care of her body and was fearful of having a heart attack.

This story really struck me because I witness many destructive behaviors in our society. It seems like we, myself included, have decided to 'do what ever we want and worry about the consequences later'. This 'buy now, pay later' attitude contradicts our purpose in life. We are supposed to be happy and live a life of abundance, but we also need to exercise control. Our creator made a perfect human being and we need to do more to take care of ourselves spiritually and physically. It's a choice.

**Restore the POWER to make better decisions in your life.**

What bad habits do you need to break? What toxins are in your blood? Negative thinking, unhealthy eating, lack of exercise, smoking, unfit relationships & friendships, spending money carelessly? Make your list of poor habits and make a decision today to change. Tell a friend about the new you so they can hold you accountable. Seek guidance from people who have overcome your stumbling block.

Some books say it takes 21 days before you can break or abolish a habit. I say it only takes one day - today. Re-establish your control of your life. Control your health. Control your finances. Control your happiness! Break the old, Embrace the New. And above all else remember to Embrace Today, because we are never guaranteed tomorrow!

### Embrace Life

[Thousands of Volunteer Opportunities](#)  
[Sponsor a Child in Poverty](#)  
[Say Thanks and Support Our Troops](#)

Embracing your spirit,

Inspirational Diva Allison Bell  
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602-445-6420

### Diva Links

[Allison's You Tube Video](#)  
[Allison's New Blog!](#)  
[Allison Bell Bio](#)

*Need a Motivational Speaker for your conference? Is your office looking for a teambuilding coach?*

### Join Our List

*Remember, I would love the opportunity to come speak at your organization! Please let me know how I can be a part of your teambuilding event, school function, or conference. [Check out my upcoming workshops too!](#)*

## What's New at Embrace Today Concepts?

**This has been an incredible summer for Embrace Today Concepts!**

Allison Bell was selected as one of the honorees to receive the ["Top Entrepreneur in Arizona Under 35" Award](#).

[CLICK HERE](#) to watch Bell featured in local media coverage on AZCentral.com/NBC 12 News.

[CLICK HERE](#) to see Allison Bell Featured as Diva of the Month at Divine Diva Delights Bath and Body website.

[CLICK HERE](#) - to see new Embrace Today Concepts photos!

— [CLICK HERE](#) to see in the [Inspirational Diva Workshop Calendar!](#)



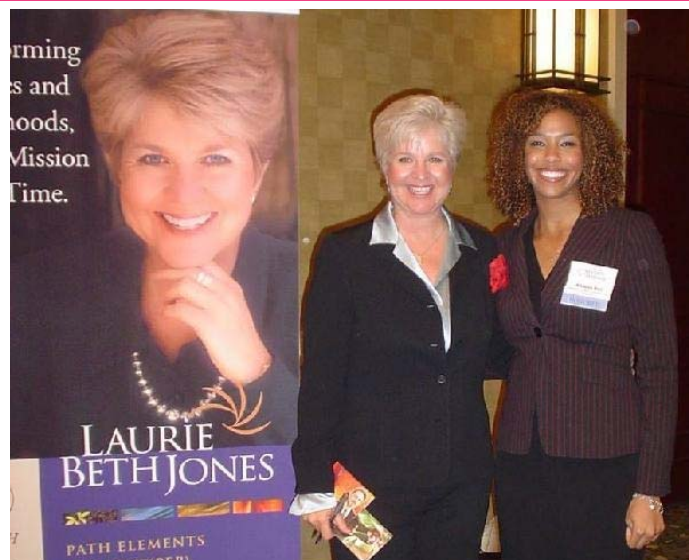
## Best Selling Author Welcomes Bell as a Consultant for Path4Teens Program

Phoenix, AZ - (June 11, 2007)

Embrace Today Concepts, Inc. President, Allison Bell, announced today that she is working to create new outreach techniques and order of business for the [Path4Teens youth empowerment program](#) at Laurie Beth Jones, Inc.

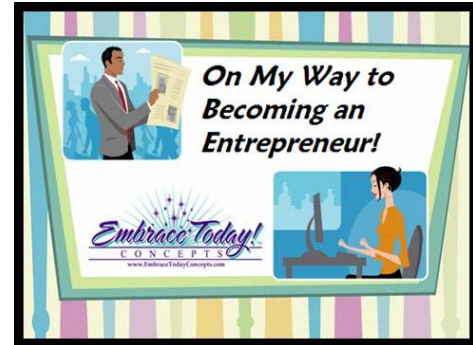
Bell was selected by the President of Laurie Beth Jones, Inc., Shelly Buckner, to join a small team of influential individuals to take the Path4Teens program 'to the next level'. Path4Teens is a Laurie Beth Jones, Inc. interactive program designed to help young people develop a mission statement and an action plan that is in perfect alignment with their gifts and talents. When students complete the Path4Teens program they have a clearly defined purpose and tools they can use to create a life of challenge and fulfillment as they live out their mission and vision.

— [CLICK HERE](#) to read the entire press release.



## How can Embrace Today Concepts serve you?

- Is your office looking for leadership & communication training?
- Is your church looking for a retreat facilitator?
- Is your school looking for an empowerment speaker?
- Is your organization looking for a teambuilding facilitator?
- Are you looking for a dynamic youth workshop coach?



**We can serve you!** Workshops start at \$249.99 - Call 602-445-6420 to find out about new workshops offered at Embrace Today Concepts!

— [YES! Please have Allison Bell contact me today!](#)

## Arizona Residents: Attend Diversity Conference... for FREE!

"Just because you own 2 cars - doesn't make you a good driver..." - Executive Director of Diversity Leadership Alliance, Christine French. French explains that many of us may think we are 'diverse' and sensitive to others around us - but how will you know unless you expand your horizon?

Be one of 2,000 people to attend the [Annual Diversity Leadership Alliance Conference Thursday, September 20, 2007.](#)

'Energizing an Inclusive Community' is the theme for this year's conference. You'll be energized by [exceptional speakers](#) - including **Inspirational Diva Allison Bell!** All DLA events are free and open to the public. Youth programs will be held all day and lunch is provided.

— [CLICK HERE to register for the Diversity Leadership Alliance Conference!](#)



Is your organization or group looking for a dynamic, hip motivational speaker? [CLICK HERE](#) to find out more information on Inspirational Diva Allison Bell!



Allison Bell, President & Inspirational Diva  
Embrace Today Concepts, Inc.

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