



Sundays at 3 pm Eastern on WLEE 990 AM in Richmond, VA  
Online at GirlfriendWeGottaTalk.com

"Great topic, great guest! Alice has such an inspiring flab to fab story, and she engaged us with her fresh perspective on what it takes to get fit and stay healthy. It made so much sense. Who knew it could be that easy? Our audience loved it!"

- Mary Foley, co-host of "Girlfriend We Gotta Talk!" radio show - 2009

### Think, Believe and Manifest Show with Constance Arnold

Every Sunday  
4:00 PM PST

**Recent Posts**

**March 14, Michael Linenberger – Author, Master Your Workday NOW!**  
  
 Linenberger is the author of "MASTER YOUR WORKDAY NOW! The book shows readers how to create goals that are inspiring and achievable; and how to "Spin Up" these goals by visualizing the most optimal outcome, making them more attainable. He is also the author of four top-selling productivity books, inc...

**March 7 – Alice Greene, America's Healthy Lifestyle Coach**  
  
 Alice is America's Healthy Coach and author of Inspired to Feed Good... She teaches people the secrets to becoming a health, fitness and weight loss success story, and guides them through the process for long-term results. Alice went from a size 16 to size 4 and has maintained it for 9 years. w...

### Think, Believe and Manifest with Constance Arnold - Sun. @ 4:00 PM

PST inspires you to create the life of your dreams as we discuss living life authentically and purposefully. My desire is to help you to determine specifically what you desire and how to strategically begin the process of creating that life. Every Sunday, I bring in the experts to assist you to Think, Believe and Manifest your life. Guests have included: Dr. John DeMartini, Lisa Nichols, Dr. Dennis Kimbro, Marcia Wieder, Michael Losier, Simon T. Bailey, Dr. Sherry Buffington and many other top experts in the areas of the Law of attraction and successful living.



Alice Greene was a guest on my show recently and was received with over-whelming response from listeners all over the world. I highly recommend her as a speaker, author and talk show guest.

Alice shared wonderful techniques, strategies, and methods for my listeners to implement into their lives. She has received a large number of downloads from her show. Her outstanding preparation made it easy for me to interview her, and she is the kind of guest that Talk Show Host LOVE!

- Constance Arnold, host of "Think, Believe and Manifest Show" - 2010

