

## **Media Story Angles**

### **Top 10 Pressures Facing Today's Christian Woman**

Living with regret is the last thing most women want, especially when it comes to their principles. But life gets complicated, and there are simply more chances to slip, be caught off-guard, or just be too busy or tired to live the complete Christian life they envision. A husband and father, Rev. Dr. Williams has a surprisingly practical approach for today's Christian woman dealing with outside pressures on her inner peace.

### **What Should You Do When Your Boss Asks You to Lie?**

Whether you're in a corner office or reception, any job comes with the pressure to make small ethical compromises. So, where is the line between keeping your job and doing what's right for you, and do you dare cross it? Dr. Williams offers practical ideas anybody can use to get out of lying and other unwanted behaviors and still have a job at the end of the day.

### **How Do Your Job Hunting Principles Rate?**

What would you do to get a job in today's economy? Statistics show that fake resumes are on the rise as are other questionable job-hunting habits, even at the corporate level. But, it is possible to succeed at getting a job and keep your leadership values intact while you're doing it. Dr. Williams shares the top 7 questions you can ask yourself right now to tell if you're starting to damage the very character traits that can take you to the next level.

### **Top 10 Tips for Helping Your Kids Stick to Their Values in a Pressure-Filled World**

Your kids know how to behave when you're around, but what really happens on the school bus, in the hallway between classes, after school, and during weekend sleepovers. And, why are even the "best" kids at risk for making bad choices. Dr. Williams shares his practical tips for helping kids stick to doing what's right, even when they'd rather try something else.

### **What Every Parent Should Know about Friends with Benefits**

It now starts in the teens and becomes a lifestyle for many. What exactly is Friends with Benefits? What are the physical and emotional risks? Who is mostly likely to get hurt? And, what are the signs your teen is involved?

### **How to Choose a Weight-Loss Plan Based on Your Values**

Trying to lose weight—again? Learn how to choose a diet plan in line with your values and why doing so will not only help you succeed in shedding pounds, but achieve other life goals as well. Dr. Williams asks listeners to consider 9 criteria for choosing a food and fitness plan.

### **Detox Your Dating Life**

Discover the dating trends most women would like to see reversed if not completely eliminated. Learn why finding a principle-centered man is still more important for most women than looks, income, and a sense of humor. And see why a principle-centered man is more likely to have most of these other traits anyway.