

Betty Withrow of Betty of Big Sur to be Featured on CUTV News Radio

CARMEL, CALIFORNIA, USA, December 4, 2015 /EINPresswire.com/ -- What ideas do we have right in front of us? Who could help us do that? How can we break down our challenges into manageable goals? And what are the physical and spiritual actions we can take to move ourselves forward?

Betty Withrow is Betty of Big Sur, life coach and author of *Prevail: Seven Keys to Create a Personal Victory*. According to Betty, the seven key qualities that allow a person to endure any challenges in life are cheerfulness, patience, friendliest, creativity, fortitude, perseverance and a sense of completion.

“This came to me one day when I was in a state of overwhelm,” recalls Betty. “How did I get here? It was a book about my own personal experiences. I wanted to share those experiences and give back to the world.”

Betty says she was inspired to write the book because she couldn't not write it. After early years spent in an abusive environment, overcoming poverty and a life-threatening illness, writing *Prevail* offered an opportunity for personal transformation, to heal herself and live her life on her own terms.

“I began to feel a sense of purpose pushing me, saying ‘Here is your chance to turn these experiences around for a larger vision.’ I developed a deeper level of compassion and understanding that brought about forgiveness and healing in myself. Today, I feel like a different person.”



Betty has lived in Big Sur for 44 years. What began as a basic pioneer experience has since evolved into a unique nature based coaching practice. Betty says she enjoys helping clients find clarity on their issues and determine what they would like life to be like instead. She says they often discover there are many more possibilities than they realized.

“Everyone has within themselves abilities they don’t recognize,” says Betty. “This is about finding a way to overcome the belief that life is writing you and you are not writing life.

“My true calling is for women in their third act. We’ve accomplished things; our families are on their way. But now what? I want people to realize the potential of that moment rather than be a deer in the

headlights. Women have a lot more opportunity to expand later in life and become leaders by using our wisdom to embrace a larger vision and mission.”

As a coach, Betty says her process is deeply rooted in natural energy. She believes we can achieve transformational results through the wisdom of the cycles of nature. Betty leads her clients to places that resonate with them.

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Betty Withrow

“I’m proud that I continued to strive for something better for myself even when things seemed impossible,” says Betty. “I’ve been able to accept the grace of spirit that’s made this possible because these were not things I could have done by myself.”

CUTV News Radio will feature Betty Withrow in an interview with Jim Masters on December 8th at 5pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Betty Withrow, visit <http://www.bettyofbigsur.com>

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