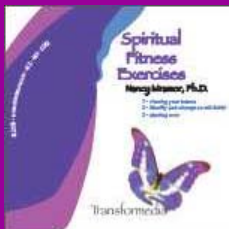




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### Dr. Nancy's Transformational Topics:

- Conscious Living Through TV Watching; Oxyoron?
- Catch Dr. Nancy discuss "The Power of Television to Shape Your Life!" on KDKA TV.
- Meet me at the Bridgewater Book Fair in Bridgewater, PA on Sept 13, 2009!

### Conscious Living Through TV Watching; Oxyoron?

Television and the media are great. Radio, TV, print media and the internet are fun, entertaining, educational informational and full of surprises. What would we do without them? We would not know about the history of the prehistoric man. The sounds of the great composers would be unknown to us. We would not have almost hourly opportunities for access to every type of fitness routine. If you are living in Iowa in January in the middle of a snow storm, this could be important to you. TV, in particular, brings these things home for you, even when you can't go out.



If you have been around long enough, you have fondly watched television characters morph from one stereotype to another. Early TV role models were usually unattainable, too beautiful, rich, smart, lucky and funny to ever be us. We watched to see what we could not be, and at times compared ourselves to the heroes on the screen.

The effectiveness of TV's power to influence has long been known. Through our senses we hear, see and feel the "truth" of the televised messages with the filter of the camera, make-up and lighting. Does Meryl Streep look as good the day after the Oscars as she did the night of? As an avid Meryl fan, I hope so, but I'm not necessarily convinced.

And why do we watch? How do we learn (without perhaps intending to) from the pictures on the box? Consciously, we attribute power and expert status to those seen on TV simply because they are on TV. Out of the millions of people who could be chosen to air their views, the lawyer

on your screen promising to get money for your accident damages must be able to keep his oath. Why else would he be on TV? How many products carry the motto, "As Seen on TV," to gain credibility? [[Read More](#)]

### The Power of Television to Shape Your Life!

See Dr. Nancy discuss the topic "The Power of Television to Shape Your Life" on Monday, September 7 on KDKA-TV. 9:00 A.M.



### Meet me at the Bridgewater Book Fair in Bridgewater, PA on Sept 13, 2009!

Bridgewater Bookfest  
Saturday September 12, 2009  
9:00 - 3:00  
Bridge Street  
Bridgewater PA 15009-3040  
Just minutes from Pittsburgh!

Watch for Dr. Nancy on [KDKA-TV](#) as important topics arise!



Sincere Blessings,



Dr. Nancy Mramor  
Dr. Nancy Mramor / Transformedia  
[www.drnancyonline.com](http://www.drnancyonline.com)



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