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## **I'm Thankful™ Author, Sue Lundquist, Inspires a Global Audience with Her Newly Syndicated Radio Talk Show**

Just two years after her inspirational book, **I'm Thankful™**, was published, author, motivational speaker and radio talk show host, Sue Lundquist, is gearing up to go global with her mission. Beginning on Monday, November 2, her Seattle-based radio show that airs on the **I'm Thankful™ Network**, in addition to being offered via web cast on the Internet, will become a part of CBS and CBS RADIO, broadcasting to several large, key markets throughout the country. Sue's mission with her family-oriented radio show, as was with her book, is to facilitate positive growth and change by promoting open and effective communication. **I'm Thankful™** was a book written in a free form journal format with the sole purpose of promoting the sharing of thoughts, the revealing of emotions and the encouragement of self-expression. Lundquist's unique radio program is a direct extension of this same philosophy. Sue's program on Alternative Talk 1150AM is the only show of its kind in the Seattle market. "I hope to be a trailblazer for the radio," states Lundquist. "My intention is to create compassion and offer a safe, maintenance tool via the radio for myself and others regarding family dynamics (however this may look in your life), on parenting, contribution, health, wealth, mind, body and spirit."

Lundquist's radio show platform, or "play-form" as she prefers to call it, is one of lightheartedness, lovingness and fun. "My goal with the program is to share thoughts and ideas, introduce interesting guests who have a worthwhile message and also to collaborate with those in need," summarizes the host. She stresses though, the importance of doing all this while maintaining a sense of humor and playfulness. On the air, Sue shares postcards from guests who write in telling her why they are thankful, interviews guests who have a motivational mission to share and, being a long-time charity advocate, has a collaboration segment where she reaches out to the audience for help with a personal or professional need sent or called in by one of her listeners. Sue's postcard mail-in campaign, along with her collaboration segment truly set her apart because they are exclusive to her show and are not currently being done in any other market. Lundquist truly works magic with her down-to-earth outlook, dynamic, bubbly personality, uplifting words, contagious laugh and passion for helping others – a combination that has drawn countless listeners to tune in to get their happy dose for the day. "I just get so fired up when I'm able to contribute to helping someone make a positive change in their life," beams the speaker. "I just absolutely love it!" Sue is very relatable to her audience, as well, because she is a Mom to three girls, and is juggling many of the same career/family challenges as her listeners. Sue admits she is most proud when witnessing effective communication displayed by her daughters. "Even though it's hard, I'm not afraid to open up and admit when I've made a mistake, especially to my family," admits Lundquist, "and it makes me so proud when I see my girls utilizing the communication tools I've taught them and doing the same thing." Sue is a huge proponent of changing the paradigm of thought when it comes to how parents relate to children.

Although now a happy and content wife and mother, at one time Lundquist's life was filled with strife and uncertainty until just a few years ago when she was reconnected with her biological mother and family. Meeting them and recreating that bond was one of the most pivotal moments in her life. Following this reunion, Lundquist says it was important to her to share her experience of maintaining gratitude through the stressful times in life. She also wanted to teach her children a similar fortitude, leading to the creation of her **I'm Thankful™** book, which later led to the development of her radio show. **I'm Thankful™ Network**, Radio for Inspiration, Education and Collaboration airs Monday through Friday, 9 a.m. to 10 a.m. (PST) on Alternative Talk 1150AM in Seattle. The program called the Lifestyle Network will become a part of CBS and CBS RADIO on November 2 and be syndicated in Detroit, Seattle and Boston with live feeds to New York and Los Angeles markets. AOL Radio and Yahoo Launchcast will also be picking up the show via the Internet. Sue's show airs on Tuesdays and Thursdays and an inspiring team of hosts fill out the remainder of the week's programming. For more information about Sue Lundquist's **I'm Thankful™** book, radio show or mission, please visit [www.imthankful.com](http://www.imthankful.com).

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