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Radio Host Tami Gaines Introduces *Rebirth of Soul* radio To Give Women The Tools To Work Through Any Difficult Experience

Radio personality Tami Gaines recently introduced her *Rebirth of Soul* radio broadcasts to help women learn to cope with and survive their most difficult experiences. According to Gaines, women face some very big challenges from divorce to the struggles of being a single mother. Her *Rebirth of Soul* radio was established to help women find their inner light to survive their darkest moments and to give them the tools to rebirth their souls no matter how difficult their experiences.

Rebirth of Soul radio is broadcast live each Wednesday from 10:00 AM until 11:00 AM Eastern Standard Time on Gaines' website www.tamigaines.com. Each broadcast features Tami and her guests speaking about the topics that women need to hear. Every week the broadcast is filled with practical and inspirational ideas and solutions that women can use to find the solutions they need to overcome the challenges they face.

The *Rebirth of Soul* radio broadcasts are the latest addition to Tami Gaines' *Rebirth of Soul* process which she developed to teach women how to work through their challenges. The process is a personal development system based on four phases: the preparation phase, the purge phase, the produce phase and the paradise phase. Women who follow this process are able to put their lives back together and get to a better place. The *Rebirth of Soul* weekly radio broadcasts speak to and reinforce the phases of the process giving listeners a weekly dose of inspiration.

All aspects of the *Rebirth of Soul* process are based on Gaines' own experiences as a divorced single mother who had to face just about every difficult situation imaginable. With hard work and much prayer and reflection, Tami nourished her soul and rebuilt her life in order to move forward. Through her *Rebirth of Soul* radio broadcasts Gaines empowers women to a greater state of personal development.

Those who want to experience the *Rebirth of Soul* radio broadcasts can visit www.tamigaines.com each Wednesday at 10:00 AM to hear Tami and her guests expound on all things good for the soul.

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