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Audrey Valeriani signs on as Board Chair of Self Esteem Boston!

Boston, MA – November [3], 2006 – Author, columnist, freelance writer, coach, and website host *Audrey Valeriani* announced today that she has accepted the position of Board Chair for the private, non-profit, organization *Self Esteem Boston Educational Institute, Inc.* to raise awareness and assist them in their mission to teach people to develop a sense of self worth and then how to apply this understanding to relationships, decision-making, conflict resolution, coping with change and stress, and managing school, work and home.

Self Esteem Boston provides self-esteem training for low-income, at-risk populations and their service providers in the Boston area. Their program works in collaboration with service agencies to teach participants the skills they need to raise their self-esteem in order to work toward economic self-sufficiency and emotional stability.

Ms. Valeriani established *TheAccidentalExpert.com* to “inspire women by offering relationship advice, support, and a place for uninhibited expression...” to site visitors seeking solutions to their relationship problems and improving self-image. Her website receives questions and comments from all over the world, and provides a direct link to her one-on-one coaching and her *Boot Camp* for those seeking relief from a broken heart due to failed relationships or other disappointing life events. She said, “I am so thrilled to be able to help Self Esteem Boston with their wonderful efforts in providing such a vital service to those wishing to turn their lives around. It’s very exciting!”

Ms. Valeriani has also completed a book titled *Boot Camp for the Broken-Hearted: How to Survive (and Be Happy) in the Jungle of Love* (due to be published in 2007) which is specifically designed to help readers improve their relationships by examining and raising self-esteem levels. She is the author of two gift books and many articles which have been published in the Boston-area, as well as on numerous internet websites. Ms. Valeriani is the creator and host of www.Theaccidentalexpert.com and www.BootCampfortheBrokenHearted.com (coming Dec. 2007).

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