

## **BlogTalk Radio Launches “Go Head Girl!” Official Ladies Inspiration Station**

WGHG host [Ameerah Alisande](#) nurtures woman’s self-esteem by capturing 30minute interviews with abuse survivors tugging at listener’s heart strings and inspiring youth Monday nights on BlogTalk radio

Berkeley, Ca, July 17, 2009 – St. Michaels Holiness House- Author Ameerah Alisande penned to host new [BlogTalk Radio show “Go Head Girl!”](#) focused on interviewing survivors of abuse who are currently creating change. At first glance WGHG the official ladies inspiration station appears to fit into the traditional cookie cutter format with a beautiful host, inspiring guests, tied neatly with a bow of empowerment. A closer view reveals a heart for change married with a fresh message of urgency. “The need is huge. While on my book tour I was able to meet so many young ladies who had overcome so much. Each one of them had a relevant story to tell. This show was created to service them both with a voice and a familiar place to renew their souls. I just want these survivors to know that they are not alone. Technology is so powerful these days. It enabled our first show to attain downloads from New York to Canada. BlogTalk is a blessing”, says Ameerah.

With an emotional interview format, the show speaks to issues of domestic violence, eating disorders and drug abuse that does anything but glamorize the trauma. Listeners can hear the effects low self-esteem has on the choices that women make in their lives which makes it a resourceful tool to discourage youth. What is unique about Go Head Girl is that while most female driven talk radio shows offer gossip or fashion tips, it also serves as after-care for young women that Ameerah has worked with during her last ten years in the industry. Alisande admits, “Self-esteem gets talked about but the process to raise it often requires 10x the time and effort it took for someone to lower it. These women are survivors and deserve to shine not only for the sake of self but to serve other women who have yet to realize they can make it out of whatever poor choices low self-esteem has made them encounter.” Go Head Girl!

“Go Head Girl!” airs Monday nights @8pm pacific time on BlogTalk Radio.

For more information visit [www.blogtalkradio.com/goheadgirl](http://www.blogtalkradio.com/goheadgirl)

For more information on Ameerah Alisande visit [www.AmeerahAlisande.com](http://www.AmeerahAlisande.com) to nominate a guest for “GoHeadGirl!”