



Cell Phone Powered Self-Help Program Launches at iHelpWellness.com

iHelpWellness.com launches innovative cell phone powered program for an assortment of self-help courses including dieting, stress management, and communication skills. This innovative system helps individuals make real life changes by delivering structure and support throughout the day.

Topeka, KS, February 14, 2008 --(PR.com)-- [iHelpWellness.com](http://www.ihelpwellness.com) launches its one of a kind cell phone powered self-help support program, Walk-With Learning™. iHelpWellness and the innovative Walk-With Learning™ system offer a large variety of courses in eating healthy, exercise, stress management, time management, emotional wellness, and effective communication. New courses will be released weekly.

Free Self-Help Demo

Right now for a limited time, iHelpWellness offers a free demo version of the Walk-With Learning™ system. Users will receive daily samplings of Walk-With Learning™ sessions to allow them to try the program before making a purchase. There is no cost and users do not need to submit payment information of any kind. To experience the free demo of the Walk-With Learning™ system, visit <http://www.ihelpwellness.com/article.aspx?webpage=free-demo.htm>.

Understanding Walk-With Learning™

The innovative Walk-With Learning™ system does just what its name implies; it walks with you throughout the day. Normally, individuals following self-help programs must rely on memory to follow through with daily self-improvement and wellness tasks making it difficult to find success. Walk-With Learning™'s unique system delivers reminders, mini-sessions, and structured support throughout the day via cell phone technology. By keeping your self-help program within reach this one of a kind system leads to successful life changes.

Creator of Walk-With Learning™ Adam Powell said, "During my clinical practice I recognized that support throughout the day when needed made learning new skills quicker and easier. For some, lack of this kind of support ultimately meant they were not able to make needed changes. iHelpWellness and the Walk-With Assistant are my answer for those people who failed to reach their goals."

Walk-With Learning™ Courses

Walk-With Learning™ courses focus on helping individuals make significant life changes through structured self-help sessions. Walk-with sessions are delivered via cell phone or email every few hours or as needed to help individuals practice life changes. In addition to Walk-with sessions, reminders and real-time tracking are available to help individuals keep up with their self-help program.

Walk-With Learning™ courses are available through a subscription based service at iHelpWellness.com. Course material and additional resources are available online 24 hours a day. Sample course offerings



include: Being Grateful, Food Journal, Exercise Journal, Goal Focused Conversation, Productive Worry, Reflective Listening, Setting Priorities, Stress and Breathing, Stop Destructive Worry, and Worry Time. Subscribers gain access to all courses with one low monthly payment.

About Adam Powell

Adam Powell, LSCSW, managing member and project director, Bright Tiger Enterprises, LLC, is a professionally trained clinical social worker and has maintained a mental health practice since 1994. In clinical practice he specializes in helping people make solution focused changes that result in measurable real life changes. He focuses on treating depressive, anxiety, and stress related disorders, anger management training, self-growth, and emotion regulation.

About Bright Tiger Enterprises

Bright Tiger Enterprises, LLC, owners of iHelpWellness.com, was founded by Adam Powell in June, 2003 for the purpose of launching the Walk-With Assistant and iHelpWellness.com. The goal of Bright Tiger Enterprises is to blend the strength and versatility of wireless internet access into mobile structure, support, and encouragement for self-help patrons.

For more information on Walk-With Learning™ programs or Bright Tiger Enterprises contact Adam Powell at info@iHelpWellness.com or visit iHelpWellness.com.

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Contact Information:

Bright Tiger Enterprises, LLC

Adam Powell

785-554-3043

info@ihelpwellness.com

www.ihelpwellness.com

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