

# BB

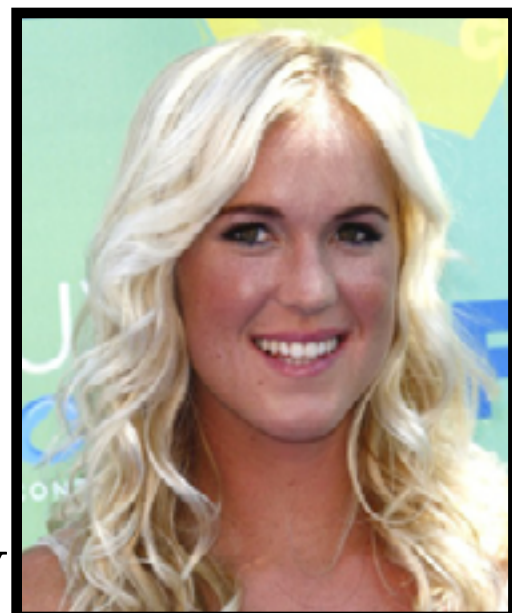
## BeeBe's Smart Living

valderbeebeshow.com

### THAT CELEBRITY INTERVIEW



Wolfgang Puck the new HSN darling talk with Valder about his new signature product & his Dallas 560 Restaurant



Bethany Hamilton, Professional Surfer "Awesomely Active" contest sponsored by Tampax



THE VALDER BEEBE SHOW

#### VALDER BEEBE

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THAT CELEBRITY VIDEO  
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"The Soul Man"



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## Spiritual Woman of Faith



Veronica D. Brown is an ordained United Methodist Pastor who has been in ministry for over twenty years. She holds a Masters in Theology and Bachelors in English/Psychology. She currently ministers at DFW Airport as an Associate Chaplain. She has completed graduate studies in Counseling and Education, experienced in Grief and Bereavement Counseling.

Veronica Brown is the Founder and CEO of Genesis Two: Allowing God to do a New Thing. Through Genesis Two ministry she ministers to young girls, women, and assists families in reconnecting into healing and wholeness through counseling using various behavior modification tools, meditation, and scriptures. She is a firm believer that most people possess the answer to their problems, but sometimes it is buried so deep that one needs the assistance of a professional spiritual guide to help unearth solutions.

Therefore, Veronica Brown and Genesis Two present an "It's Time Workshop." The mini workshop is designed for women to discover their genuine purpose. Veronica understands the great need for women to find their purpose. Oftentimes, many women lose themselves and never discover their true purpose. Women are generally so consumed in being mothers, sisters, wives, friends, etc. until she becomes her own stumbling block. Therefore, it is time to find your purpose! It is time to find your passion! It is time to start your plan! It is time to make you a priority! Veronica Brown's workshop is guaranteed to empower women from all walks of life. The workshop will focus on participants discovering and moving into their Passion, Purpose and Plan. BBSL

Event 9/28/2013 Location: 'The Kastle' Keller Williams Bldg. McKinney, TX

Information Tabspade@yahoo.com Tabettha Montgomery (972) 310-4774

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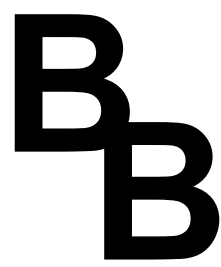
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Daymond John -- Entrepreneur, Star of ABC Shark Tank talks to Valder; Miller Lite Tap the Future™ Lets Your Team of Entrepreneurs Compete for a \$400K Prize



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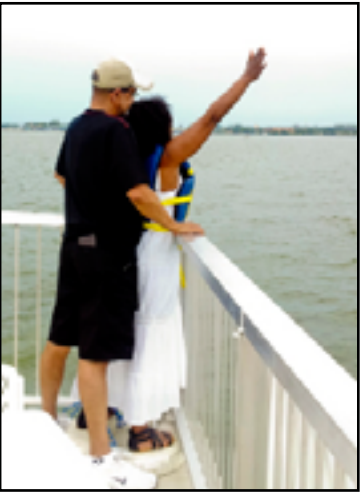
## THE VALDER BEEBE SHOW



Former Boxing Champ Lailia Ali talks to Valder about her initiative that makes you think about your health

### TWEET BEEBE

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James & Valder Beebe

Photo: Photography-by-james.com

### VALDER BEEBE SHOW THAT CELEBRITY VIDEO INTERVIEW

I Don't Talk About the Stars -- "I Interview the World's Most Fascinating Celebrities"

### Valder Beebe Show Channel on

OPNTVNETWORK.COM



Valer talks with Agnes Bruckner who stars as the Iconic Supermodel who Captured the World's Attention in the Lifetime Original Movie... ANNA NICOLE



In separate interviews, Valder interviews TV Land's "The Soul Man" Cedric The Entertainer and Niecy Nash.

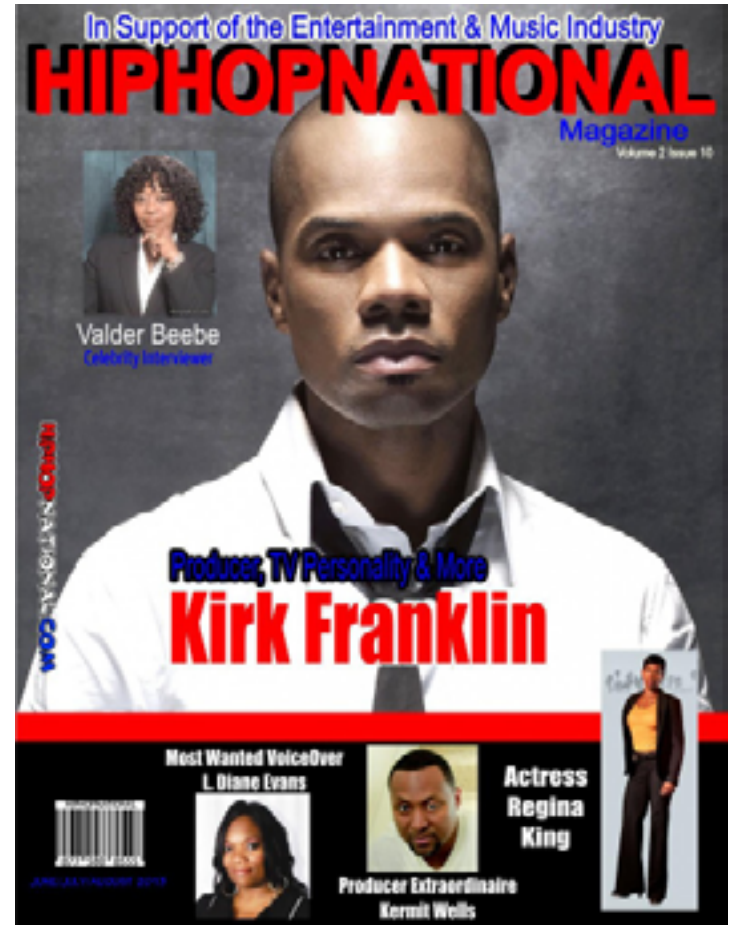


Kym Whitley stars in OWN Networks' Raising Whitley

View THAT CELEBRITY Video: ValderBeebeShow.com



If you stay with GOD he will take you places you have never dreamed you would go. All with his blessings, covering, grace and abundance. The Valder Beebe Show's partnership with Hip Hop National has opened doors to reach a generation that is hungry for the abundance of God. Thank You, Al Williams, Myra Morris and Hip Hop National (magazine & radio). The latest issue, read and hear my interviews with super performer Kirk Franklin @ HipHopNational.com



Valder Beebe, Editorial Director

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Photo: Photography-by-James.com Attire: Ann Taylor, Dream Resale Store



THE VALDER BEEBE SHOW RADIO SHOW BASED IN BEAUTIFUL DALLAS, TEXAS, BELIEVES IN "CHANGE YOUR MIND - CHANGE YOUR LIFE"



The Valder Beebe Show sponsored in part by: Photography-by-james.com; KKVI FM Radio; The Power Pages Newspaper Business In The Black.com

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12:05 pm (Central)  
kkvidfw.com, kkviradio.com

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ON-DEMAND 24/7  
ValderBeebeShow.com

### BROADCAST SCHEDULE

**DAILY VIDEO ON-DEMAND THAT CELEBRITY INTERVIEW**  
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YouTube.com/valderbeebeeshow

**24/7 VIDEO ON-DEMAND THAT CELEBRITY INTERVIEW**  
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YouTube.com/ValderBeebeShow

**SATURDAY THE VALDER BEEBE SHOW**  
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**SUNDAY**  
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KKVI FM 89.9 (DFW Area) - KKVIDFW.com

**ON-DEMAND SATELLITE VIDEO INTERVIEWS**  
BBNetwork on ValderBeebeShow.com  
BlackMenInAmerica.com  
HipHopNational.com

### (Celebrity - Page 1)



Valder interviews CNN "A New Day" team Kate Bolduan, Chris Cuomo and Michaela Pereira (in separate interviews).



Valder talks to Patrice Lovely. She is captivating audiences as "Miss Hattie" the star of Tyler Perry's new show on OWN: Oprah Winfrey Network, "Love They Neighbor" <sup>BBSL</sup>.

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## BeeBe's Smart Living



BROADCASTER OF  
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### Women Connect!

Valder Beebe Show broadcast locations/time; Page 4.  
Valder Beebe Show front page featured celebrity; Page 5.  
Spiritual Woman of Faith, July, Rev. V. Brown; Page 6  
**\$99** Zerorez Special & \$150.00 in gift cards; Page 4 & 6  
**FREE LUNCH** Monthly includes Prayer & Business Connect; Page 6

Meditation Consultant to The Valder Beebe Show, Rhonda Jones

### Managing Your Emotions – Be Careful What You Let In

But for Cain and his offering He [God] had no respect or regard. So Cain was exceedingly angry and indignant, and he looked sad and depressed. And the Lord said to Cain, Why are you angry? And why do you look sad and depressed and dejected? If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it. Genesis 3:5-7 Amplified



In several places the Word of God draws a clear picture of our enemy. In one place he is described as a roaring lion on the prowl (1 Peter 5:8), another scripture shows how he is patient and relentless returning when the time is right (Luke 4:13), and yet another passage exhorts us to give him no place (Ephesians 4:27). Each passage describes a predator constantly looking for an entrance into your life. The above passage of scripture shows how the enemy is most successful by entering through our emotions.

Managing your emotions is paramount to your walk with Christ as well as your spiritual health and well-being. Emotions are probably one of the most misunderstood aspects of our human composition. God created us spirit, soul, and body (1Thesalonians 5:23). You are a spirit, you have a soul and you live in a body. Your soul is comprised of three things: your mind, will, and emotions. When it comes to your emotions, they are a part of you, but they are not the sum total of who you are. You have emotions like you have clothes. You can choose which one you want at will. You can change them or discard them altogether. If you don't believe that I can introduce you to several people who have suffered so much pain that they have chosen to shut off their emotional valve altogether. Emotions were never meant to be denied, but to be acknowledged, embraced, and managed.

When we acknowledge emotions, we are acknowledging that there is something happening good on the inside. Our emotions are like signs. They are designed to be signals of what's happening in you as it relates to what's happening around you.

Emotions are thought and behavior driven. You feel the way you feel as a result of your thinking or something that you or others did. Some emotions are warranted. For example, you may feel bad for a homeless person, or you may feel fear if someone looks like they are about to cause you harm. These thoughts and behaviors result in justified emotions. The problem occurs when our emotions are not justifiable and we let those emotions drive our behavior. Irrational emotions cause us to be depressed and isolate ourselves from our loved ones. They cause us to spend more than we have, eat more than we should, get in bed with strangers, and get away from our spouse.

Here are a few tips that will help you properly manage emotions: Acknowledge and embrace your emotions immediately. \*Deny your emotions the right to dictate behavior. \*Don't give anyone permission to control your emotions. \*Employ the help of the Holy Spirit to identify the root cause of irrational emotions. BBSL

Editor-In-Chief EvaLetitia Ellis

Send Me Your Response: lde04\_@hotmail.com

### Stay Healthy by Managing Your Emotions!

I RECENTLY WAS CONFRONTED WITH A SITUATION THAT CAUSED ME TO HAVE TO CONFRONT SEVERAL EMOTIONS ALL AT ONCE. I HAVE HEARD IT SAID THAT WOMEN HAVE THE ABILITY TO TOUCH EVERY EMOTION IN THE PROCESS OF MAKING DECISION, HOWEVER, IN THIS SITUATION IT FELT MORE LIKE SPIRITUAL WARFARE AND I HAD TO FACE EVERY EMOTION THROWN AT ME. THE EMOTIONS RANGED FROM DECEPTION, ANGER, HURT, BETRAYAL, SADNESS, ON AND ON UNTIL FINALLY; PEACE AND ACCEPTANCE.

WITH ALL THESE EMOTIONS FLOWING THROUGH ME, I HAD TO MAKE A CONSCIOUS DECISION ON THE BEST WAY TO MANAGE THESE EMOTIONS BEFORE SOMETHING DETRIMENTAL HAPPENED TO ME. I DECIDED TO SEARCH DEEPER INSIDE ME TO DETERMINE WHICH EMOTION RESONATED HIGHEST IN ME (AS DIFFICULT AS IT WAS) THEN ALLOW MYSELF TO PROCESS IT, FEEL IT, THEN ALLOW IT TO EXIT MY MIND, BODY AND SOUL. THE MIND BECAUSE IT IS THE PLAYGROUND FOR THE ENEMY TO WREAK HAVOC IN MY THOUGHTS; BODY

BECAUSE STRESS CAUSES ILLNESS (YOU CAN'T FIGHT A BATTLE IF YOUR BODY IS WEAKENED BY ILLNESS), SOUL BECAUSE THIS IS WHERE EMOTIONS ARE FELT, ALLOWING THEM TO EXIT SETS YOU FREE. HOW? BY WAY OF TRUTH! THE TRUTH WILL SET YOU FREE! I ALLOWED MYSELF TO ACCEPT THE TRUTH ABOUT WHAT WAS HAPPENING AND HOW I FELT ABOUT IT. I HAD TO ALLOW MYSELF TO FACE THE SITUATION IN HONESTY, LOVE AND INTEGRITY. I HAD TO ALLOW MYSELF TO SEE THE PEOPLE INVOLVED FOR WHOM THEY REALLY ARE AND ACCEPT THEIR JUSTIFICATION EVEN THOUGH I MAY NOT HAVE AGREED WITH IT. IT WAS THEIR STORY AND I HAD TO LET IT GO SO THAT I COULD COMPLETELY HEAL.

NOT EVERYONE HAS THE SAME BELIEF SYSTEM. EVERYONE HAS THEIR OWN STORY AND MOTIVATION BEHIND THE STORY. ALTHOUGH WE LIE TO OURSELVES AND OTHERS WHEN TELLING OUR STORIES, TO MAKE US OR THEM FEEL BETTER, AT SOME POINT WE WILL HAVE TO DEAL WITH TRUTH WITHIN OURSELVES OR WE WILL CONTINUE TO BE HELD CAPTIVE TO OUR OWN THOUGHTS AND IMAGINATIONS NO MATTER HOW BIG OR BAD THE LIES ARE

WE TELL OURSELVES. WE SUFFER THE CONSEQUENCES ACCORDINGLY. AGAIN, ONLY TRUTH WILL SET YOU FREE.

SO, IF I MANAGE MY EMOTIONS, I THEN MANAGE THE LIES THAT COME WITH THOSE EMOTIONS, FREEING MY FAITH THROUGH POSITIVE RE-ENFORCEMENT AND TRUTH. I RECOVER MY FAITH (POWER) AND BECOME STRONGER AS A HUMAN BEING! THIS ALL ADDS UP TO A HEALTHIER WISER PERSON.

IF IN THIS MOMENT YOU ARE CHOOSING DRAMA, IT IS BECAUSE YOU HAVE NO CHOICE, IT IS A HABIT. YOU ARE PROGRAMMED THAT WAY! (HELD CAPTIVE TO YOUR OWN IMAGINATIONS) WHEN YOUR WILL IS FREE YOU CHOOSE HAPPINESS AND LOVE, PEACE AND HARMONY. YOU CAN RECOVER YOUR FAITH FROM LIES! ALL THE LIES THE PRINCE OF LIES (DEVIL) HAVE SPOKEN IN YOUR EAR, PENETRATING YOUR MIND, ABOUT WHO YOU ARE, WHAT YOU ARE, HOW YOU ARE; REMOVE YOUR FAITH FROM THEM! WHEN YOUR FAITH IS TAKEN AWAY FROM WHAT YOU HAVE BEEN TOLD, YOUR FAITH IS SET FREE TO BELIEVE THE TRUTH ABOUT WHO YOU ARE. THEN YOU WILL BE FREE TO SEE WHO OTHERS REALLY ARE. BBSL



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THAT CELEBRITY INTERVIEW  
Daily BROADCAST  
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**THE VALDER BEEBE SHOW**  
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Valder Beebe, Moderator



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