

Contact:

Press

773-609-3348

[pa@edittalentgroup.com](mailto:pa@edittalentgroup.com)

[www.erickaportermba.com](http://www.erickaportermba.com)

## CONFESSIONS OF A MEDIA MAVEN



**FOR IMMEDIATE RELEASE: FORMER IMPOVERISHED TEEN MOM AND SURVIVOR OF ABUSE NOW MEDIA PRODUCER, ENTREPRENEUR, MOTIVATIONAL SPEAKER, ON AIR TALENT AND AUTHOR, ERICKA PORTER MBA AKA MEDIA MAVEN INSPIRES THE WORLD WITH TIPS ON HOW TO MOVE PAST THE PAIN AND FIND YOUR PURPOSE.**

**CHICAGO,IL- NOW ON TOUR,** Ericka Porter Mba, Owner of two media inspired companies, Edit Talent Group and Chicks That Pitch, released her first motivational memoir Confessions of a Media Maven in July 2018 on amazon.com and is on tour sharing how she has turned her tragedies into testimonies.

Confessions of A Media Maven helps other meet their dreams by dealing with the pain in order to meet their future, Ericka transparently shares her personal and professional experiences from her impoverished childhood living in the projects to becoming a Mompreneur, Divapreneur, Entrepreneur and Media Maven.

*IN HER BOOK, CONFESSIONS OF A MEDIA MAVEN, ERICKA PROVIDES A FEW TIPS ON HOW TO MOVE PAST THE PAIN AND FIND YOUR PURPOSE.*

- 1. Love you and Work on That Forgiveness- . Learn to Love you first. Tell yourself “I love You” everyday in that mirror. As you begin to learn to love you, your standards will shift. Your heart and mind will become in alignment forcing you to recognize things that have held you back, including forgiveness. The key to forgiveness is to start by loving yourself enough to forgive you for your past mistakes and the same with others. Once you discover the things that have hurt you, you can begin to move past the pain, and watch your healing begin.*
- 2. Self Evaluate- Do you wonder why you keep attracting the same old mess? No one’s perfect, but we can surely become the best version of ourselves. Look at you from the inside out. Make a list of things you don’t like about yourself and start to work on them. You will gain the power to look at and rid the energies including people, that are stifling your growth.*
- 3. Release The Fear- It’s a natural thing to have fear. Fear can bind you from meeting your purpose. It can also motivate you to jumpstart action. Redirect your fear by healing rather than dealing through, addressing what scares you the most, by facing it head on. Break the silence, seek counseling and guidance, address your attacker or take that first step in starting your new career. The moment you step out on faith, a shift will happen.*

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4. *Break Those Chains, Honey- Generational curses like abuse, depression, suicidal tendencies and poverty are what stagnate the growth in our and our families lives. Take control over the future of your family by releasing the silence that has held your family for years.*

*It only takes one!*

5. *If you want change, you must be the change- Change doesn't always feel good. But, change starts with you. Stop the cycle of excuses now. Don't sit and complain about what's not right and that you're tired of the same old thing. Have you looked at yourself and thought, "What can I do different?" Do it and begin to experience the change.*
6. *Pray, Meditate and Have a Daily Affirmation- Spiritual discipline will help to guide you to your purpose. Its easy to get off track if your distracted so much that you can't focus. Prayers and Meditation, Fasting and making a daily commitment to yourself will keep you on track, give you clarity and attract the right energies into your life.*
7. *Ridding Yourself of Unhealthy Relationships- You can't fix everybody, nor should you try to. People will be who they are and if it doesn't work for you clean house. Unhealthy relationships can involve friends, family, associates or intimate. Don't fear keeping your standards high and your life free of tainted and parasitic behavior. Its yours and you only have one to live.*
8. *Write It, Receive It, Believe It, It's Yours- I am a firm believer in this. While pregnant at the age of 16, I had dreams. I created my first goal list and have been doing it ever since. My very first one had personal and professional goals which included loving myself, owning my own company and meeting Oprah....They all have happened. Put those things that you desire into the atmosphere by having faith enough that they will come into fruition. If you do 1-7, you will experience living rather than surviving.*

Ericka's story was featured in Reel Chicago

<https://reelchicago.com/article/ericka-porter-talks-confessions-media-maven/>

Ericka also speaks regularly at media and motivational events and was featured on a Single Mom's episode for Oprah's Lifeclass. More recently, Ericka has made appearances on a number of hit TV shows including TLC's "This is Life Live".