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FOR IMMEDIATE RELEASE

Pregnant Teen Living the American Dream Reveals Roadmap to Success

Rachel Brignoni was determined to succeed and is now a Fortune 100 Executive committed to reversing the statistical trends of teenage pregnancy.

Winter Park, FL, December 22, 2007 – “Success is still an option,” according to Rachel Brignoni, author of the newly released book, *Hope...Joy (and a Few Little THOUGHTS) for Pregnant Teens: Consciously Creating Your Legacy*.

Teen actress Jamie Lynn Spears is now one of over 750,000 teens who become pregnant each year in the U.S. alone; a recent governmental study indicated an increase in teen birth rates for the first time since 1991. Americans are left to expect the worst. Tragic stories of hidden pregnancies and abandoned babies continue to make headlines on television, radio and in newspapers throughout the country.

“Over the past 50 years there are roughly 35 million women who have shared this experience. They include our grandmothers, mothers, aunts, nieces, sisters, and daughters. It is time we move beyond the shame and recognize our responsibility to make a difference. Successful solutions will arise by fostering the positive, not by attacking the negative. A simple act of kindness is the first step,” says Brignoni.

At the age of thirty-three, Brignoni, a Fortune 100 executive, life strategies coach, entrepreneur, and former pregnant teen, delivers her message of hope in a 104-page, gift-size book divided into eleven easy to read chapters that mix messages of hope and inspiration with a plan for success.

The book has already received praise from bestselling author and former pregnant teen, *Beverly Donofrio*; Oscar-nominated actress and current teen mom, *Keisha Castle-Hughes* as well as mother of actor/comedian *Nick Cannon* and former pregnant teen, *Beth Hackett*.

“We believe this publication has the potential to make a very important social impact with a readership that would include millions of former pregnant teens from prior decades who have never been exposed to this perspective. It is a hopeful account of what is still possible versus the statistical limitations and provides a road map for success that has been proven to work,” says the publisher.

The statistics are grim, 60% of pregnant teens dropout of school and only 2% finish college. According to Brignoni, “If we hope to reverse the trends, we must begin to focus on the possibilities.”

For more information on the book visit www.hopejoythoughts.com, or to learn more about the author, visit her online media room at www.rachelbrignoni.com.

Published by Secret Key Publishing, LLC and now available nationwide. For interviews and booking requests, contact Joaquin Brignoni (publicity coordinator) at joaquin@rachelbrignoni.com, or call: 407-923-8851.

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