



**FOR IMMEDIATE RELEASE**

**COOPER ROCK PICTURES  
ANNOUNCES THE ACCESS TV WORLD PREMIERE BROADCAST OF  
*The Truth Behind Yourself***

**A refreshing new Canadian TV series takes a serious look at life coaching.**

(Regina—January 30, 2008) *The Truth Behind Yourself* follows life coach Ellen Goldhar as she helps six people from across the country strive to reach their personal goals. Leanne and Denise had weight issues; Donaldda wanted to start a Foundation along with a counseling service for families dealing with extreme disabilities; Mike wanted to find his voice; Desiree wanted to launch a business, and Katryna was weighed down in grief and was trying to avoid the issue. Each asked the same question: “Can life coaching help me?”

The 13-part television series follows their struggles and triumphs through coaching sessions and "plorking" (play+work) assignments as Ellen helps her clients align their personalities (their outer selves) with their inner selves. Ellen believes that when we are "in alignment" we are living truthfully and, usually, more joyfully.

Director Stephen Hall (*Last Chance for Romance*) equates their personal journeys to Shakespeare’s famous quote ‘To thine own self be true.’ “In a sense, this is exactly what Ellen challenges the six clients we followed in *The Truth Behind Yourself* to do; be true to themselves.”

*The Truth Behind Yourself* will be broadcast on “ACCESS The Education Station”, beginning February 2, 2008 at 7:30 pm MST and on Canadian Learning Television beginning March 1, 2008 @7pm EST

Produced in association with CLT, Canadian Television Fund, SaskFilm Documentary Fund, SCN, Saskatchewan Film Employment Tax Credit and Canadian Film or Video Tax Credit

Since 1998, Regina-based Cooper Rock Pictures Inc. has been producing engaging and thought-provoking programming for broadcasters worldwide.

To arrange interviews, contact Kelly-Anne Riess at 306-527-7383.

