

## *A Biography of Terri Amos-Britt*

**Terri Amos-Britt** is a spiritual coach and motivational speaker who tells it like she sees it and wastes no time helping others clean up the emotional chaos in their lives. She is the author of *The Enlightened Mom* and *Message Sent: Retrieving the Gift of Love*, as well as the co-author of *Wake Up Women*, a bestselling book by women, for women. Terri is the founder of [www.TheEnlightenedMom.com](http://www.TheEnlightenedMom.com), a global healing community for moms, as well as the co-founder of its parent company, Enlightened Family Institute, Inc., with her husband Charlie Britt. Terri and Charlie have a mission: to bring hope and healing to individuals and families all over the world.

Dealing with such pivotal issues as anger, judgment, resentment and blame, Terri specializes in relationship healing and improvement. Her work brings understanding and healing to all relationships including your family, friendships, the workplace and most importantly, the one you have with yourself.

Sharing her experiences as a wife, mom, step-mom, widow, former Miss USA and television host, Terri inspires you and teaches you tools to create a life of passion, purpose and love. A nurturing and accomplished speaker, Terri shares her message with audiences in a warm, loving and entertaining fashion, with quick wit, a ready smile and a genuine hug or pat on the back for everyone in the room.

Terri's journey began when she represented the state of Arkansas and won the title of **Miss USA 1982**.

*(Flashback – Miss USA Competition... top 12 question)*

**Bob Barker**

*“So what do you do in Cabot, Arkansas, on a Saturday night?”*

**Terri**

*“In the summer, we cruise up and down Main Street. Then we go to the Tastee Freeze, sit on the back of my friend's pickup truck, he plays the banjo, and the guys drink a little beer and dip a little Skoal. It's a real good time.”*

Terri's authentic answer won her the title. But instead of feeling joy and happiness in that moment of winning, Terri says, “My ego said ‘Yes!’ On the other hand, my heart said, ‘This is it?’”

Terri didn't understand why she felt this way and went on to pursue a career in the television industry. Terri became a writer and field producer for a west coast news station and eventually became a spokeswoman for Mazda.

It was at that time that a new entertainment channel, **Movietime**, (now known as the “**E!**” channel) was just taking hold in Los Angeles. Soon, Terri was chosen as their flagship news

anchor, conducting celebrity interviews and covering such prestigious events as the **Cannes Film Festival** and the **Academy Awards**.

In spite of all of her successes, Terri still felt there was something missing in her life. Feeling the need to be with her family, she left the entertainment industry to be a full-time mother. It was in her role as a wife and mom that she realized she had serious anger issues. Terri vowed to undo the behaviors that were affecting her and her family, and set a goal to become a more loving, joyous, and peaceful wife and mom. Finding herself without the tools to understand or manage her behavior, she put herself on a no-going-back program of traditional therapy, which led her to a journey of inner excavation and spiritual seeking.

Terri found her passion when she began studying energetic healing, meditation, and spiritual consulting at **Clearsight**, a clairvoyant school in Santa Monica, CA. Fueled by the joy she was finally feeling, Terri went on to complete their graduate and ministerial programs.

During this time of intensive and determined self-work, Terri and her family began to experience a powerfully positive shift in their lives, relationships and family harmony. Buoyed by her emotional growth and encouraged by her family and peers, Terri became a spiritual consultant and coach, and eventually an author and teacher.

It was on her path to self-discovery, self-acceptance, and true authenticity that Terri was guided through meditation to share the knowledge she was experiencing firsthand in a unique journal that is spiritual, practical, revelatory and prescriptive. *Message Sent* chronicles her day-to-day journey of challenges and healing with love, candor and humor. It is in this book that she gets to the root of her anger and pain: she was denying herself. Terri had lived her life trying to be what she thought people wanted her to be instead of loving and accepting herself.

In her newest book, *The Enlightened Mom*, Terri offers the reader the benefit of her years of experience and wisdom, and shares the tools she found helpful to herself, as well as to her clients and students. Through her book and in her **Enlightened Mom** workshops, Terri takes moms on a step-by-step journey to their hearts to create lives and homes filled with peace, abundance and joy.

Whether by taking one of her workshops or reading one of her books, Terri inspires you and guides you to honor, love and embrace the real you. She says, “As you let go of who you think you’re ‘supposed to be,’ you connect to your heart. Anger, judgment, blame, resentment and pain melt away. Your life shifts in so many ways! Laughter, passion, purpose, joy, acceptance and love become the norm. And as you heal, your family heals. Your life becomes an example of abundance for everyone!”

Now Terri is uniting moms from across the globe to take a stand for healing the world. Terri says, “I created [www.TheEnlightenedMom.com](http://www.TheEnlightenedMom.com) because I truly believe that we mommas not only set the tone for our families to heal, but we also set the tone for the world. As we create more love and acceptance within ourselves and in our homes, that love and acceptance will overflow to every corner of the world. Peace comes when we take responsibility for healing our own lives...one person at a time. And it starts with Mom first.”