



UP2ME RADIO LAUNCHES NEW PODCAST LIFE'S TOUGH-YOU CAN BE TOUGHER HOSTED BY DUSTIN PLANTHOLT.

Atlanta, GA. March 14, 2019/ Up2Me Radio a brand of Atlanta Life Media LLC, a digital media content creator, broadcaster and distributor of inspirational content has launched a new podcast. Life's Tough...you can be tougher, with Host Dustin Plantholt and Co-Host Esther DeWitt (<http://www.up2meradio.com>) is a podcast about personal stories of strength and perseverance. Along with Host Dustin Plantholt and Co-Host Esther DeWitt, guests and listeners will share their real and vulnerable life stories of overcoming unique challenges and struggles to inspire and motivate each other towards personal fortitude, healing, growth and empowerment. The Life's Tough Podcast is inspired by the life story and journey of Host Dustin Plantholt. The Podcast is geared toward men and women ages 18 and older.

Life's Tough Podcast premiere will broadcast live on Wednesday 3/20/2019 at 7 pm EDT with special guests Pastor Ed Lochmoeller and Olga Herren, PhD.; listeners will be invited to call in (347-324-5246 and press 1 the enter on air queue) to join the conversation.

The Podcast will air weekly, Wednesday at 7 pm EDT with new episodes streaming on demand. The Podcast will broadcast from the Up2Me Radio Network reaching an estimated audience of over 870,000 listeners.

Dustin Plantholt, Host of Life's Tough says, "We are going to spark a movement, we are going to change the world, one heart at a time and freeing others from shame, guilt and anger...It's Life, Life's Tough..you can be tougher."

Fans of the podcast can subscribe to the show at www.up2meradio.com and contact us via email at info@up2meradio.com to provide feedback and ideas for the podcast, or to become a guest on the show.

To listen to the podcast go to www.up2meradio.com you can also listen to the podcast from all mobile devices and from your favorite free podcast APPS such as iTunes, Stitcher, Google Play/Music and TuneIn, search for Up2Me Radio and click on the Life's Tough Podcast Episode.

Opportunities for product placement sponsorships are available; contact us at info@up2meradio.com for more information and to request our media kit.

Life's Tough Podcast is an Up2Me production in coordination with the team of www.Lifestough.com

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