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## **Can YouTube™ Change Your Life? Author Says Yes.**

NEW YORK, NY, January 4, 2010—On February 14th, 2010 YouTube™ celebrates the fifth anniversary of its formation. Much has happened since then. Nowadays, video cameras are found in our phones, digital cameras and laptop computers. According to *Naked Lens: Video Blogging & Video Journaling to Reclaim the YOU in YouTube*, these cameras hold not only the potential to change our culture, but also ourselves. Author Michael Sean Kaminsky explains why.

“You don't need thousands or even hundreds of dollars. You don't need a parent who works at a TV network. Now just about anyone can broadcast to the world by video blogging.”

Simply put, video blogging is personal video uploaded online. It has evolved rapidly since YouTube™ launched, and the pace is quickening. A recent article in the *New York Times* reported that some video bloggers make nearly twenty-thousand dollars per month on YouTube™ using tiny cameras and big creativity. Still others have discovered community...and seemingly themselves.

“Video blogging is more than just a way to entertain, promote a business or make money.” Kaminsky points out. “It's a profound act of connection that changes lives. Video journaling plays an important part in this.”

For centuries people have used written journals and diaries to explore their inner selves. Anne Frank, Carl Jung, and Anais Nin to name three famous examples. Several university studies have found that self-expression via journaling can be healing. *Naked Lens* shows how to use video in a similar way—by keeping a *video journal*.

“Change happens when people have the courage to look inward, and video intensifies this. Combine this with the ability to interact with millions of others, and programs such as YouTube™ Video Volunteers, and these tiny cameras have the potential to lead to some major positive changes in the world.”

### **Notes:**

- *Naked Lens* will be released in Canada, the United States and the United Kingdom on **February 14, 2010**.
- The book is the first to offer a unique workshop that explores mind, body and spirit using video.

Michael Sean Kaminsky is the author of *Naked Lens: Video Blogging & Video Journaling to Reclaim the YOU in YouTube*. The book is the first to offer a unique workshop that explores mind, body and soul using video. In addition to being a video blogger and writer, he is an award-winning documentary filmmaker who has produced work for HBO, Sundance Channel and MTV's LOGO among others. He began video journaling in 1996.

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