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CONTACT: Karin Pouw
(323) 960-3500
mediarelations@ChurchofScientology.net

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Meet a Scientologist—Sunny Yu has a Very Good Reason to be Confident and Happy

Scientology helped school principal Sunny Yu of Taichung, Taiwan, find new pleasure and satisfaction in her work

In her “Meet a Scientologist” video on www.Scientology.org, school principal Sunny Yu of Taichung, Taiwan, is clearly in her element—relaxed, happy and in excellent rapport with teachers and pupils. But she viewed life very differently not so long ago.

“Before Scientology I didn’t like to talk,” says Yu, 34. “Now I understand why I had that trouble, and it is so much easier to communicate.”

Introduced to Scientology seven years ago by a friend, what struck her immediately was its effectiveness. As a school principal, Yu is always looking for ways to help her pupils and the teachers she supervises. She

found that every time she put into practice what she learned in Scientology, it worked.

Yu gained an understanding of emotional issues and the technology to overcome them, and she improved her ability to handle discipline and behavior problems.

“I also found I was much more relaxed and able to communicate with parents and address their concerns—something I found difficult before,” she says.

Thanks to Scientology, Yu now has the sunny disposition and outlook that matches her name.

“What makes me happiest is to help others and see them doing better,” she says. “So now I am very happy.”

View the [Sunny Yu video](#) at www.Scientology.org.

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The popular “Meet a Scientologist” profiles on the Church of Scientology International Video Channel at Scientology.org now total more than 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists,

photographers, actors, musicians, fashion designers, engineers, students, business owners and more.

A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.



Scientologist and school principal Sunny Yu of Taichung, Taiwan