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## BIOGRAPHY

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**Pavlina** is a vibrant compelling multi-media, social-media influencer, personality force, and Best-Selling Author of *20 Things Every Motivated 20 Something Should Know*. She empowers Generation Zs by providing a general consensus of their view on subjects. Pavlina, who is currently based in New York City, a Media Culture and the Arts graduate of King's College, executes her dynamic abilities as a show content creator, host, and producer through the Salem Media Group and her own company's projects, PAV Media LLC. Pavlina, a winner of many awards, has created, hosted, and produced shows since her first self-created radio talk show at age eleven when she was the winner of a five-time Gracie Award. Holding the Guinness World Record for "The Most Live Radio Interviews Conducted in 24 hours," three hundred and forty-seven interviews to be exact. Pavlina has strong roots in speaking to Pop Culture and its plethora of newsmakers, having interviewed over six hundred celebrities to date, including Katie Couric, Shaquille O'Neal and Steve Forbes. Pavlina consistently appears on various TV, radio, podcast segments, and speaking engagement platforms such as Newsmax, NRB, and her recent podcast creation, "If God had a Podcast," focused on "Improving You for a Better Us." Pavlina also appears as the Host of "The Stand" TV show on BOLD TV. At age twenty-two, this groundbreaking millennial commentator, who enjoys traveling, exercising and healthy cooking, originally from Daytona Beach, Florida, continues to astound her elder industry counterparts with an enthusiastic vigor causing her to surmount barriers and make headway in the diverse media community for which she is an integral part.

For more information go to: [pavlinaosta.com](http://pavlinaosta.com)

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