



PRESS RELEASE

New Book, You Lost Your Marriage Not Your Life,
How to Create the Life You Want-Your Way.

Naples, FL, February 3, 2010--The staggering statistics tell us one half of all marriages are predicted end in divorce. Second and third marriages have even more sobering statistics and the majority of these will fail. The question is why and what can we do to change these statistics. Barbara Miller presents a special message to women who have experienced the shock of losing their marriages and lifestyles through divorce.

This is a story not unlike that of many women who have trusted and believed in the person they have committed their lives to, only to have their faith shattered and lives set on an unknown journey. Barbara tells her own shocking story of returning home from visiting her ailing mother and finding no husband and a near empty

house. All credit cards and bank accounts were closed; divorce papers were thrust in her hands, leaving her in shock and disbelief.

In the first part of the book, Miller traces out the experience, admirably admitting that the failure was two-sided. That did not stop the hurt and anger, especially when she learned of her husband's affair with a woman twenty years younger. The author skillfully weaves the stories of other women who have shared their own personal tales of painful divorce and lost love. Many have tortured themselves with a life of regrets.

In the last half of the book she provides a path and a plan for those going through similar experiences. Barbara teaches, "When healing comes to your thoughts, it comes to your life. Do not look back at past mistakes and heartaches and lament, look forward to the future and rejoice," she tells her readers, and then tells them how to do it. She teaches how to release all self-defeating inner dialog that compromises your life and keeps you paralyzed with fear.

- Learn to change behavior that sets you up for divorce and toxic relationships.
- Rid yourself of negative inner thoughts carried over from childhood that cripple personal growth and rob you of your joy.
- Enhance your self-image as you create balance and happiness in your life, mentally, physically, social-emotionally, and spiritually.
- Take charge and find the confidence to live your life your way.

Barbara will help you accomplish your goals with ways to take control of your life and gain a new sense of power as you enter your best life yet!

Barbara is a writer, speaker and president of Barbara & Company International, Inc. She resides in Naples, Florida with her husband David. Barbara's book is available on Amazon.com, Barnes & Noble.com, and www.youlostyourmarriage.com

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