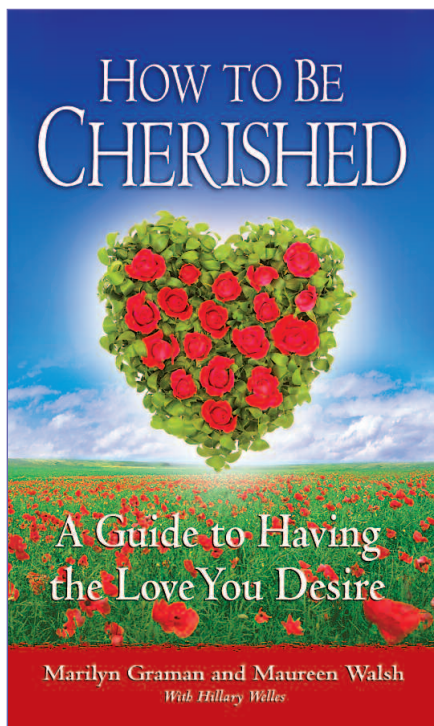


How to Be Cherished: A Guide to Having the Love You Desire

Remember how you glowed when you were first in love? People loved being around you because you radiated happiness. The love you shared with your man made life seem good, and you were sure you'd be happy forever. If your relationship has lost that magical glow, you may be searching for reasons why. ***How To Be Cherished*** guides you to discover the real reasons why your relationships might not be all you desire—and most importantly, it offers proven techniques that keep the fires of love blazing. **And it's easier than you think!**



How to Be Cherished is a practical guidebook that offers insights on how to shift a stale relationship, perk up an already good one, and helps singles be more open to love. Intended for women in all stages of relationship, ***How to Be Cherished*** gives a powerful, new model for modern relationships where couples are like two rough stones — rub them together long enough and they become polished.

How to Be Cherished, the third in a series of 12 books based on workshops and seminars presented by Life Works, is every woman's no nonsense guide to using her power wisely to create a loving and lasting relationships, that feels good over time.

“How To Be Cherished helps women find or rediscover the men of their dreams and keeps love alive.”

— John Gray, Ph.D., Author of ***Men Are from Mars, Women Are from Venus***

“How to Be Cherished is so powerful I believe it could save even the most doomed relationship. This book will free your mind and spirit, while giving you practical tools to help you in every area possible, enabling you to be a more loving and lovable person living in forgiveness, gratitude and love. Full of sage-like wisdom, ***Cherished*** is by far one of the most outstanding books on relationships I have ever read.

— Dr. Maryel McKinley ***Awareness Magazine***

What if the answer to all the problems in your relationship were within you and not your partner? What if the key to being cherished the way you want to be was as easy as learning how to warm your heart toward your partner? ***How to Be Cherished*** teaches you how to do just that, with visualizations and exercises that will help you create the relationship you've always wanted. **This could be just the book you need to bring romance into your life with the partner you already have!**

—***Natural Beauty & Health***

If you take out all the goading remarks from Laura Schlessinger's current book, you would be left with a manuscript very similar to ***How To Be Cherished***. ... The underlying message of the two books is the same: If you want to have a happier marriage, make the first move. Become the spouse he wants, and he will reciprocate. This message comes across offensively with Schlessinger's to have hot meals ready in the evening and provide sex on demand, but Graman and Walsh give the strategy some genuine credibility. By owning your part, the authors say, you gain power by eliminating blame.

—***Cleveland Plain Dealer***

How to Be Cherished is a must read for any woman who strives to reclaim her power in relationships.

—***New Visions Magazine***



Media kits, review copies and author interviews available on request
Eileen Duhné 415.459.2573 Eileen@LifeWorksGroup.com

Life Works, Inc., 55 Fifth Avenue, Penthouse, New York, NY 10003
212-741-8787 • 877-741-8787 • www.lifeworksgroup.com

Remember the Glow of First Love? You can have it back, again!

How to Rekindle Romance and Techniques for Warming Your Heart!

(NEW YORK, NY) -- Many women's hearts are broken one piece at a time until they become cold from disappointments, slights, being taken for granted, and hopeless that they can ever feel cherished. But it doesn't have to be this way. Greenwich Village psychotherapist Marilyn Graman and Maureen Walsh, authors of *How to Be Cherished: A Guide to Having the Love You Desire* (Life Works Books, February 2004), show women how to heal and warm their hearts and feel loved again.

Intended for women in all stages of relationship, *How to Be Cherished* presents a powerful new model for modern relationships, explains how incredibly powerful a woman is in her man's life, and advises a woman that she can inspire change if she is dissatisfied. Based on the groundbreaking workshop of the same name created by Graman, participants from these workshops come to life on the pages of this book as they recount a familiar litany of difficulties faced by women in long-term relationships.

"Women hold the keys to a relationship," says Graman. "It's time for women to understand how much power they really do have and how to use their female power to have the love they want." *How to Be Cherished* shows women how to access the love they want. Some of the secrets revealed in this practical guidebook, illustrated with the stories of real women overcoming the obstacles to lasting love, are:

- ™ How to bring back the intimacy when you fear it may be gone forever.
- ™ Relationship pitfalls to be on the look out for.
- ™ What you can powerfully do to shift your relationship.
- ™ How to care for each other and truly share your lives.
- ™ Staying a team through the inevitable rough spots.
- ™ Recognizing the intrinsic power of women and learning how to use that power wisely, with love.

In short, how to take your relationship from lagging to luscious.

Graman is a psychotherapist who says she learned about human nature from teaching kindergarten for 12 years. Walsh is a business therapist who combined an MBA and a background in performing arts into a career helping creative professionals manage their careers. In *How to Be Cherished*, they teach women how to manage affairs of the heart to feel cherished and satisfied in their relationships.

How to Be Cherished is the third book by Graman and Walsh, co-founders of Life Works, Inc. Their specialty is helping women uncover their authentic female power and assisting them in creating empowering relationships in a time of great transition and confusion about how to find love and support. Life Works explores the dynamics of relationships from the point of view that women are far more powerful than they realize, and that they can indeed have the love they are seeking. Yet, many women have a confused notion of what it means to be truly powerful. The power they write about is not male bravado, but gentle, nurturing female power.

"Know your power. Like it or not, women guide the relationship. It is within your realm to change the direction where things are going. Knowing you are powerful brings confidence, and confidence is sexy," explains Graman. "Your man wants you to feel good for two reasons. He knows his life is easier when you are happy. And when you feel happy, he feels like a hero."

How To Be Cherished

Marilyn Graman & Maureen Walsh
Life Works Books
ISBN: 0-9718548-6-6
Cloth, \$22.95, 288 pages



Life Works Publicity: Eileen Duhné
6-A Meadow Way Fairfax, CA 94930 ♦
Phone/Fax: 415.459.2573 ♦ eileen@lifeworksgroup.com