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Boot Camp for the Brokenhearted: How to Survive (and Be Happy) in the Jungle of Love
by

Audrey Valeriani

**A 'GIRLFRIEND'S' GUIDE TO BUILDING SELF-ESTEEM AND
IMPROVING RELATIONSHIPS**

Can you guess what is the Real cause of your personal problems?

All women have been there. The point in their lives where they are not sure things can get any worse than they are. Whether a bad breakup, family problems, a lost job, or a rough time in general, one relationship expert says that bad experiences all boil down to one simple thing that most women don't even realize shapes their lives – self-esteem. And we all need that one girlfriend, who can pick us up by our high heels and give us that killer advice we all know is out there but can't get our hands on...until now.

Meet Audrey Valeriani, author, columnist, relationship expert and coach and author of the holy grail for women, *Boot Camp for the Brokenhearted: How to Survive (and Be Happy) in the Jungle of Love*.

Boot Camp for the Brokenhearted provides readers with the keys to attaining high self-esteem. The book helps readers examine and improve their personal relationships by teaching new ways of thinking, communicating, and behaving that will enable them to lead rewarding lives and attract and maintain loving relationships.

"It is based on the belief that self-esteem is the foundation for success in life," Valeriani explains. "How a woman feels about herself has everything to do with the choices she'll make throughout her lifetime. And since most of us struggle with our self-image, my book will appeal to women age 18-80 from all walks of life, any education level and any profession."

Boot Camp for the Brokenhearted is full of "straight" talk and amusing anecdotes from someone who has come from the depths of despair to triumph and now shares secrets for living life to the fullest. It is based on Valeriani's one-on-one coaching sessions, research, surveys, and interviews and is inspired by her real life experiences. In an endearing girlfriend-to-girlfriend style she speaks to her readers with a no holds barred approach and trademark honest and straightforward dialogue. The book provides readers with an intimate look at how to improve their lives and have physically and emotionally fulfilling relationships, all based

around the simple concept of tapping into their own power and improving self-esteem. It's a strong message with simple and unique solutions.

Some of the topics *Boot Camp for the Brokenhearted* explores include:

- How to evaluate and improve your self-esteem
- The dos and don'ts of dating
- Men and women in relationships
- How to be single and happy
- Women's health, nutrition and exercise
- Men and women and sex
- And so much more...

"My book is chock full of insight and humor," Valeriani explains, "as I candidly share pieces of my journey back from hopelessness and reveal what inspired me to take control of my life. I am convinced that with a little self-examination and some minor, positive mental adjustment readers will be rewarded with a new found understanding of women and men, a more peaceful and confident attitude and probably the highest level of self-esteem in their lives."

Audrey Valeriani grew up in Boston the youngest of three girls in a working class, Italian-catholic family. After graduating from high school, she entered the working world and held a number of jobs – waitress, bartender, insurance file clerk, switchboard operator, sandwich maker, personal assistant, oil company sales assistant, and legal assistant. She is the author of two other books, *Simple Ways to a Woman's Heart: Movie Star Maneuvers That Will Take Her Breath Away!* and *It's Not Easy Being Me! Random Thoughts of the Modern Woman*. She is currently a columnist, freelance writer, coach and relationship expert. She is the Board Chair of Self-Esteem Boston Educational Institute, Inc. and writes a monthly column for the Malden Observer. She currently lives in Jamaica Plain, MA with her husband, his two sons and their tiger cat.

Boot Camp for the Brokenhearted is being released on November 28, 2007 and can be purchased at www.amazon.com, www.barnesandnoble.com and all major bookstores. www.bootcampforthebrokenhearted.com

Website: www.bootcampforthebrokenhearted.com and www.theaccidentalexpert.com

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