

FOR IMMEDIATE RELEASE

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Want to improve employee relations and efficiency, and inspire individuality and creativity?

August 2008: AUDREY VALERIANI announces large scale discounts for women in business.

Have you ever seen a woman in your office moping around, depressed and distracted due to a problem in the romance department? Well, her work -- your company's productivity -- may suffer because of it in client relations, profits, and image.

Why not handle this kind of problem the same way you do with benefits, addiction policies, and other employee resources -- by handing them something helpful to read?!

AUDREY is an author, columnist, freelance writer, relationship coach, consultant, board chair of Self Esteem Boston Educational Institute, Inc., consultant for eHarmony Advice, and host of www.bootcampforthebrokenhearted.com, www.theaccidentalexpert.com, and relationship expert for www.womensweb.ca.

Her book Boot Camp for the Broken-Hearted: How to Survive (and Be Happy) in the Jungle of Love (New Horizon Press Books, Dec. 2007) talks about women, self-esteem and relationships in a humorous and informative way and, best of all, you don't have to be among the lovelorn to benefit from it!

Self-esteem directly influences the choices we make throughout our lives and is the foundation for success in life! AUDREY knows how tough it is to hang on to a healthy self-image after having your heart broken due to a failed relationship (or for any reason), and that's why she wrote the book.

Her mission is spread the word to women of all ages about the importance of self-esteem and help them transform their lives. She is dedicated to helping women (and men) get the most out of this short lifetime, and the only way to do that is to face forward, hit the gas, and go!

TESTIMONIALS:

"Former victim of abuse helps client 'get rid of the fear'" ~ Cindy Cantrell, The Boston Globe, 5/4/08.

"Send your love life to boot camp. For a little kick-in-the-butt... Valeriani's book... in a frank but easygoing style.... delves into how to improve your self-esteem. After some love feng shui, you just might land the romance you've been missing." ~ CONNECTICUT POST 2/18/08

"Many women don't know why they experience unhappiness in love, let alone understand how to improve their situation and start living more rewarding lives with nurturing partners. Audrey Valeriani has isolated the major cause: a lack of self-esteem and self-worth. In Boot Camp for the Broken-Hearted, she draws on extensive research, interviews, and her sessions as a successful relationship

coach to help readers repair those fractured but salvageable relationships or start solid, enduring new ones. Written in a friendly, girlfriend-to-girlfriend style, the book outlines proven tips and strategies to arm readers with the necessary skills to attain the kind of intimate romantic relationships they've always dreamed of. Valeriani is an equal-opportunity helper, too: the book includes an in-depth look at the elusive male psyche and details what men say they would like women to know about them." ~ www.reviewdvdmovie.com.

"I don't generally endorse products... But I'm very interested in the idea of young girls -- and boys -- accepting themselves how they are and not trying to fit the movie star ideal of beauty. I do like the idea that the dolls reflect a variety of races... It's particularly tough on young girls today to accept their bodies when the ideal of beauty they are presented with is impossible for so many of them to achieve. I'm all for being healthy and fit, but even with exercise and a healthy diet, most girls won't come close to looking like the models they see in the media or fitting in the itty-bitty clothes they see in the most popular stores... So anything that helps girls accept themselves is good in my book. ~ G. Chen, The Post Standard, N.Y. 2/8/08.

"If you're watching Lifetime melodramas for the fifth day in a row, dust yourself off and head over to this book signing with author and relationship guru Audrey Valeriani to snag her latest for less than full price and snack on some hors d'oeuvres, socialize with someone other than your married sister and, er, lament with others over love lost." ~ Boston Metro 12/4/2007.

"Best book on women and self esteem and relationships ... better than John Gray's new book!" ~ Carole Nelson, Radio Personality, WMEL, Melbourne, FL.

"The author writes in a down to earth, witty, no-nonsense way with humor, lots of how-to lists, and even revealing exercises. By reading this book, you gain deeper understanding coupled with knowledge and actual effective techniques and exercises to improve your communication skills, which are crucial for making any relationship work... with keener insights about how to create and sustain mutually fulfilling intimacy... If you are just out of a relationship, it is for you. If you are looking for a relationship, it is for you. And if you are in a relationship and want to make it better, Boot Camp for the Broken-Hearted is for you." ~ Leslie Joseph, LICSW.

"I love this book! It has something for women of all ages... the book is a sort of "cookbook" with practical advice. The author shares incredibly insightful information which inspires people to learn from their past mistakes. This book empowers readers to heal and move on with their lives." ~Vivian Perez, PhD.

Discount Scale:

1-99 copies 42%
100-499 copies 47%
500-999 copies 50%
1000 on 55%

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