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FOR IMMEDIATE RELEASE

The MAGIC of Relationships and Their Power to HEAL, a Guide to Creating Mutually Supportive and Loving Relationships

Presenting the new book: *Getting to the Heart of Relationships* by Carla Pritchett. Relationships are opportunities to learn and to grow. Often that isn't how we approach them and because of that we are quickly disillusioned. We need to go deeper within ourselves to discover the real meaning of love. We think love is something someone else gives to us. We think love given to us is conditional so we try to live our lives to please another. What if instead, we learn to be true to ourselves and to give ourselves the love we think we so need from another. We will find the magic in loving ourselves more fully enables others to do so too. We need to look within for the love we want. We need to build a strong and loving relationship with ourselves first. This book is a guide to doing just that. We can learn to love ourselves and in doing so strengthen and deepen the loving connections and exchanges we have with others.

Getting to the Heart of Relationships

by Carla Pritchett

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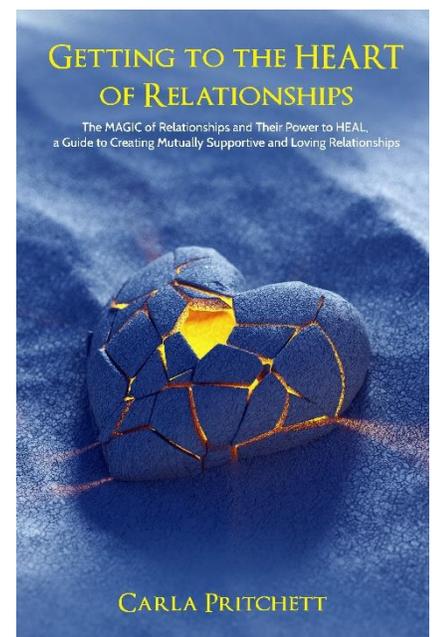
Carla Pritchett

Carla Pritchett is a writer, speaker, group facilitator, former hospice bereavement coordinator, and artist. Carla's heart and passions are reflected in the quality of her relationships. She loves to travel, journal in coffee shops, study metaphysics and the healing arts and spend time in nature. Her life continues to be a total learning experience and she feels it a great privilege to share this hard-earned wisdom with others.

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WHAT PEOPLE ARE SAYING

Getting to the Heart of Relationships is a book that does just that. You will be encouraged to examine your own choices, beliefs, and behaviors, as well as explore what you want and are willing to do to have healthy relationships. Carla Pritchett has done an excellent job with examples and questions that incite self-reflection and growth.

~Colleen Baldrice, Ph.D., Author of *Tree Spirited Woman*.



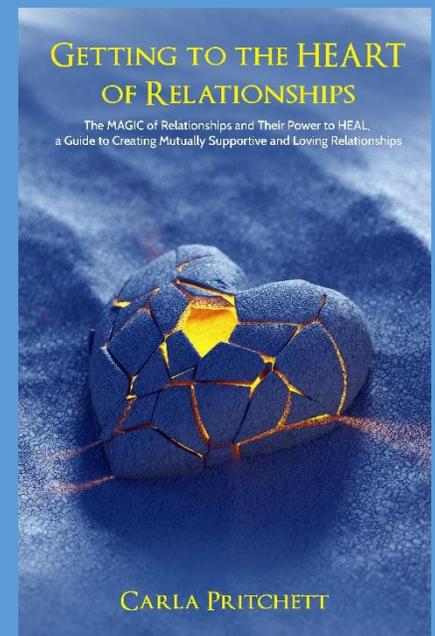
ABOUT THE AUTHOR

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Don't always think of relationships as two people meet, fall in love, and live happily ever after. *Relationships are about two people coming together, learning about themselves and each other, sharing what they have to share, possibly staying together, possibly not.* Be open to all possibilities. Just because you date someone doesn't mean they are a good choice for you as a life partner. They might be someone who needed to come into your life for a short amount of time—someone who came to teach you things, learn from you, then continue on their way.

Relationship questions to ponder:

- Why do we feel we have to love each person we date?
- Why do we put so much pressure on ourselves and our relationships?
- Why can't we enjoy each other more, allow each other the space we need in our lives, then continue on in a healthy way if the other person decides they want to leave.
- Why do we have so many expectations? This puts a great deal of stress and strain on a relationship.
- What if you can relax more, expect a little less, and enjoy the person with whom you spend time?
- Why does everything have to be so serious and so committed before each individual has decided what their needs truly are?
- Frequently we rush into relationships because we are afraid if we don't grab who is there, there won't be another chance for us. Why do we think this? Why do we devalue ourselves so much? Possibly your experience has been one of rarely meeting anyone with whom you have something in common. Now you have met someone, so you want to make them yours. What does it mean to "make them yours"? It means to get them to commit to living their life with you. What does this commitment entail? Is it marriage vows, or are you content to live together?

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