

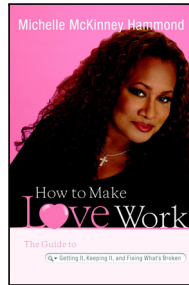
**FOR IMMEDIATE RELEASE:**

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## **Love: Getting It, Keeping It and Fixing It**

Popular speaker, TV personality and bestselling author Michelle McKinney Hammond shows readers how to make love work

**Los Angeles, CA**—Love isn't easy: to find, to keep, or to fix. Popular speaker, TV personality and bestselling author Michelle McKinney Hammond believes we've been looking at love all wrong.



In *How to Make Love Work* (FaithWords/Hachette Book Group USA), McKinney straightens misguided lovers out, offering ways to finding, keeping, and fixing what's broken with love. "We become the sum total of the love we are able to give and inspire in our lifetimes," she writes.

Like an owner's manual for love, Hammond offers practical, easy-to-read instructions, revealing hidden features of relationships, as well as "the more elusive and mysterious ins and outs of love." It's like you're sitting at a coffee shop with a good friend.

Hammond's complete guide covers it all—from knowing love's parts, to how to assemble a relationship, to preventative and long-term maintenance, to troubleshooting—all based on biblical principles. Hammond equips readers with tools for transforming relationships and new approaches to old problems.

- You Were Wired for Love.
- The Nonnegotiables in a Man.
- The Bonuses of Godly Relationships.
- Knowing Yourself Before You Love.
- The 10 Principles of Love.
- The Keys to Long-Term Relationships.
- Living Fully While You're Single.
- Important Rituals for Every Married Couple to Keep Love Working.

**Michelle McKinney Hammond** is a bestselling author, speaker, relationships expert and empowerment coach, singer/songwriter and television co-host. For eight years she has been a co-host of the Emmy-nominated TLN talk show "Aspiring Women" airing in over 100 markets in the U.S. and abroad. She has been profiled by major media outlets including *The Chicago Tribune*, "Politically Incorrect" with Bill Maher, "The Other Half", BET, "Soap Talk," "The 700 Club" and numerous national television shows. Visit [www.michellehammond.com](http://www.michellehammond.com)

### **About *How to Make Love Work*:**

*How to Make Love Work: The Guide to Getting It, Keeping It, and Fixing What's Broken* by Michelle McKinney Hammond. FaithWords/Hachette Book Group USA. June 11, 2007, 304 pages, hardcover. ISBN: 978-0-446-58061-8. \$19.99. 5-1/2 x 8-1/4.

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**Quotable:** *How to Make Love Work* by Michelle McKinney Hammond

**The Study of Love**

“Just because you think you know what it’s supposed to look like doesn’t necessarily mean you know how to get the end result you desire. I find it interesting that we study to do all the things on the face of the earth except the most important one—building healthy, fulfilling relationships.” (XVIII, Introduction)

**Know Yourself**

“Knowing who you are is huge because if you don’t know yourself, it will be hard for anyone else to get to know you. After all, how can you share your heart if you don’t know what’s really in it? Don’t do another thing or attempt to begin another relationship until you get to know yourself, including the good, the bad, and the ugly.” (5)

**Like Yourself**

“Humans don’t handle flaws very well, but the Manufacturer does. [God] knows everything about you and is not rocked by defects. We all have them. Yes, sorry to break it to you—you’re only human. This should be a relief to you! So clap your hands, dance, sing and celebrate your official release from the pressure to be perfect.” (5-6)

**Be Yourself**

“Remember that you want another person to fall in love with you. The real you. Chameleons are lizards, not people. Trying to be anyone other than yourself is false advertising. Plus, it’s hard work keeping up all that pretense.” (6)

**Wired for Love**

“You are crucial to the design of love. You see, you were created by love for the amazing, fabulous purpose of loving, which is why you crave love so much. Regardless of how many bad experiences you have in the romance department, and though your mind may war against the concept, your heart still overrules and screams, ‘Admit it: you want to be loved, you need to be loved, you can’t live without love!’” (7)

**Looks Don’t Matter**

“What the other person looks like is not important. It really isn’t! As you should know by now, good things, as well as a lot of power, can come wrapped in the most unexpected packages.” (19)

**Don’t Compare**

“Making comparisons will always highlight everything that we are not, magnifying our shortcomings in the light of someone else’s accomplishments. Don’t go there. Serious breakdowns in your love flow will result.” (26)

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**Quotable:** *How to Make Love Work* by Michelle McKinney Hammond

**Before You Love the Man, You Must Love God**

“God created us all to give and receive love. But there is an order to the assembly. You and the Man both need to be connected to the main Source of Power—God—before attempting to connect to each other. Being connected to God supplies both parties with the power they need to love, in spite of other deficiencies.” (24)

**Insider’s Love Tip: The Heart**

“The heart is a part that must be used. It will atrophy or harden if allowed to lay dormant for long stretches of time. If your heart is hard, you won’t be ready to connect with the Man when the opportunity comes.” (33)

**What Do You Believe?**

“It’s said that if you free your mind, the rest will follow. Nothing could be truer. The mind runs everything, including the heart. (43) Your capacity to give and receive love will only be as great as what you believe about love.” (49)

**More Love, More Power**

“It is only when you and the man admit your own weakness that the Manufacturer can supplement your power source with additional strength. (53) After the first flushes of new discovery, excitement and passion wear off, it is strength that sustains love.” (55)

**The Nonnegotiables in a Man:** Pages 62—67.

1. He must be plugged into God.
2. He must be a working man.
3. He must have integrity.
4. He must have good current relationships.
5. He must have good past relationships.
6. He must have Godly friends.
7. He must affect you for better, not worse.

**On Gender Roles**

“I know it’s popular in culture now for women to be independent and prove that they are equal to men by acting like them, but this behavior has consequences. If the woman chooses to be the initiator and happens to win his attention and affections, she will set up a pattern of continually having to push all the man’s buttons to get reassurance of his love.” (74)

**Tips for a Healthy Courtship**

1. Keep your mystery.
2. Don’t make him your everything.
3. Celebrate your differences.

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“The secret to the You and Man parts joining together smoothly is found in the ability to celebrate each other’s differences.” (p. 83-85)

**Inspection**

“Be sure to thoroughly inspect your love machine before merging. Make sure that flying sparks aren’t the only energy powering your relationship. Love is the real ‘juice’ that will allow you to go the distance.” (93)

**Love is a Choice**

“Every person has the power to turn love on or off. Love is not controlled by emotion. Contrary to popular thought, love is driven by the decisions of the people involved. Therefore, you must decide to love. The man must decide to love you back.” (98-99)

**How to Address an Offense:** Pages 146-147

1. First, examine your own heart.
2. Approach the offender.
3. Get help if you need it.
4. Forgive regardless.

**How to Use Patience Properly:** Page 107

1. Think before you speak or act.
2. Look at the big picture and pick your battles.
3. Don’t make him defensive.

**Passion**

“Passion creates a longing for your partner that is greater than your fear of what you think you stand to lose in the relationship.” (169)

**Communication**

“Though one of the most essential components in the love relationship, it is one the fewest make use of. Small wonder many partners choose to disengage instead of digging in and doing the work to keep their love alive and thriving.” (188)

**Intimacy**

“Intimacy can make a temporary connection permanent. Flirtation and romance, however, must remain a part of the program to keep your love functioning at full capacity.” (222)

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