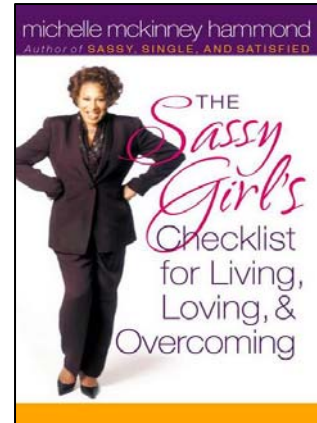


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## MORE WOMEN LIVING SOLO: RELATIONSHIP COACH SOUNDS OFF

(Los Angeles, Calif.) More women are living single than before, a far cry from traditional relationships of the past. According to U.S. Bureau Census analysis of census results in 2005, 51 percent of women said they were living without a spouse.

Relationship coach **Michelle McKinney Hammond** has counseled thousands of women and knows even the most independent women desire the committed attention of that one special man. She is the author of over twenty self-empowerment books that have sold millions worldwide. In her brand new release ***The Sassy Girl's Checklist for Living, Loving and Overcoming*** (Harvest House, February 2007), she provides women simple principles and a personal checklist that will help them discover how to get the life they want and the love they need:



**Stop Living on the Defense** - "Women need to stop taking things so personally. When you face a relational conflict it could be another person's reacting to a build up of other stressful experiences."

**Control Your Man-Power** - "We know we have the power to influence the way a man views other women...chances are if a man doesn't trust women you can thank another woman for that."

**Watch Your Attitude** - "Men live for the approval from the woman they love...a disrespectful woman will cause him to direct his attention to another woman who will give him affirmation."

**Learn to Cook** - "Conversation combined with a meal prepared by a woman's hands will bring intimacy to a relationship... dining together provides a setting for support and uninhibited conversation."

**Cover Your Man** - "Discretion is learned and a woman who does not expose other people's secrets will be viewed as loyal and trustworthy."

**Resilience Equals Respect** - "A woman can choose to let her problems make her bitter or better...when she is able to endure and bounce back from difficult circumstances, then she will quickly earn the respect of others."

**Ask Questions Before Giving Advice** - "Women need to wait before they give advice and ask questions so their man can clearly assess his situation and make his own healthy conclusion."

**Live in Balance** - "Women need to prioritize their time and learn when to put aside their job, other commitments or busy schedule, and balance the attention she gives her man, her family, her friends and her community."

Hammond provides invaluable insight to women who are single by choice or circumstance, and even to frustrated married women on how to understand their man, get over their past and get the love they deserve! Her candid and outspoken views have made her a media favorite with major national news and entertainment programs.

**Michelle McKinney Hammond** is a relationship coach who counsels thousands of women and couples every year on improving their relationships. She has been featured in countless national media outlets including *The New York Times*, *The NY Daily News*, *Chicago Tribune*, *Essence*, *Ebony*, *BET* and hosted an eight week program with *American Airlines Power Lunch*. Michelle is the bestselling author of *The DIVA Principle*®, *101 Ways to Get and Keep His Attention*, *Sassy, Single, & Satisfied*, and *The Power of Being a Woman*. Hammond lives in Chicago, Illinois. Her official website is [www.michellehammond.com](http://www.michellehammond.com).

## **INTERVIEW TOPICS:**

- RELATIONSHIP COACH TELLS WHAT IS ON THE MIND - SINGLE, MARRIED AND DIVORCED WOMEN
- HOW TO DEAL WITH SHOCKING BEHAVIOR – YOU DISCOVER HIS EX-GIRLFRIEND IS PREGNANT WITH HIS CHILD, YOU FIND OUT HE LIED ABOUT BEING AVAILABLE, YOU CATCH HIM CHEATING
- WHY ARE THERE MORE SINGLE WOMEN TODAY THAN EVER BEFORE
- WHAT EVERY WOMAN NEEDS TO KNOW BEFORE RE-ENTERING THE DATING GAME (INCLUDING ONLINE DATING, BLIND DATES AND OFFICE ROMANCES)
- DATING AGAIN: GETTING BACK INTO DATING LATER IN LIFE
- CELEBRITIES & LOVE: ANALYSIS OF CELEBRITY RELATIONSHIP WINNERS AND LOSERS

## **Suggest Questions:**

1. What are some common myths regarding women and relationships?
2. Share with us some shocking statistics regarding women, marriage and also those impacting the African American population?
3. What should be on the personal checklist for a woman looking for a lasting relationship?
4. How can someone differentiate between the love they want and the love they need?
5. How can a woman prevent making the same relationship mistakes?
6. What are some of the most common relationship mistakes women make?
7. What is the DIVA Power Conference and what will women learn?
8. How can the Soul Mate Documentary help women?

## **Statistics Regarding Women and Relationships:**

There are 95.7 million unmarried and single Americans, 54% percentage of unmarried Americans are women. 62% of Black families are now headed by single women. (U.S. Census Bureau)

Among the more than 117 million women over the age of 15, according to a 2005 Census Bureau Survey, 63 million are married. Of those, 3.1 million are legally separated and 2.4 million said their husbands were not living at home for one reason or another.

American women living with a spouse is 57.5 million, compared with the 59.9 million who are single or whose husbands were not living at home when the survey was taken in 2005.

The proportion of married people has been declining for decades. Between 1950 and 2000, the share of women 15-to-24 who were married plummeted to 16 percent, from 42 percent. Among 25-to-34-year-olds, the proportion dropped to 58 percent, from 82 percent.

42.3% of all Black women have never been married and Black women are 5 times more likely to be single at age 40 than white women.

In 2000, 49 percent of women lived without a spouse. In 2005, it was 51 percent but a startling fact: Seventy percent of black women live alone or with their children. (U.S. Census Bureau).

## Thoughts for Every Woman's Season of Life:

If you are *single* – take advantage of the time, space and resources in all areas of your life for the season.

If you are a *newlywed* – this is a critical time to secure a marriage built on trust, honor and unity.

If you are a *new mom* – find your identity in the power of motherhood and take time to nurture your child for you may be raising a future child of influence.

If you are a *post newlywed wife* - enjoy the transitions in your life, reap the rewards of your hard work as a mother and remember to leave a legacy of love and faithfulness in your child's life.