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Letters to the Brokenhearted: Sisterly Advice to Refocus, Rebuild and Relove

In her debut book Dr. Pamela Antoinette shares encouraging stories and tips on moving forward

New York, NY, February 19, 2013—Not every love story has a fairy tale ending. Walking away is easier said than done, especially after you have convinced yourself that a broken marriage will heal itself. But, after countless encounters and a shocking secret revealed, Dr. Antoinette finally packed her bags with her child in tow and began her journey to rebuild her life.

After years of learning and healing, Dr. Antoinette gave birth to *Letters to the Brokenhearted: Woman-to-Woman Advice on Refocusing, Rebuilding and Reloving*. The book is an honest portrayal of the questions we ask ourselves after our hearts have been broken and dreams have been crushed. There are many self-help books on the shelves, but what sets this apart is Antoinette's step-by-step approach to examining the tiny missteps that lead to big mistakes.

Antoinette's goal is to spare others the heartache she encountered by providing familiar, yet painful scenarios of relationships that should and could be avoided for a happy and healthy love life. It is safe to say that there is not one person who has ever lived, loved and lost that could not identify with at least one story.

It isn't her personal story alone, but the voices of others she encountered along the way. This book goes to the top of the pile and will no doubt become an instant book club favorite.

An excerpt from the book reads...

It's over. It hurts like hell. And all you can do is think about him. Not too many experiences suck the life out of you more than loving someone you simply cannot—or should not—have. I know how you must feel. I've had my heart broken and I've experienced disappointment, broken promises and broken dream on more occasions than I would wish upon my worst enemy...

Dr. Antoinette will host her book launch reading and cocktail reception in Atlanta, Chicago and Los Angeles. To RSVP, contact Jennifer Trehar of Bee Season Consulting at jtbeeseason@me.com.

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About Dr. Pamela Antoinette

Dr. Pamela Antoinette is a certified life coach and professor of qualitative research at Mercer University in Macon, GA. With a Ph.D. in Leadership, her research focuses on interpersonal relationships, self-motivation, self-efficacy, resilience and post-traumatic growth. She is the founder of the Empowered Writer's Academy and also facilitates speaking engagements for audiences across the country on topics including post-traumatic growth for service members, success for first-generation college graduates and maximizing one's strengths.

Dr. Antoinette lives in Atlanta, GA and can be reached via email at Pamela@tandemlightpress.com. For more information, visit her website at www.PamelaAntoinette.com.

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