



FOR IMMEDIATE RELEASE

FOR IMMEDIATE RELEASE

Contact: Jennifer Trehar
Bee Season Consulting
jtbeeseason@me.com
Cell: [724-777-4212](tel:724-777-4212).

“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 dreams on more occasions than I would wish upon my worst enemy...”

Letters to the Brokenhearted: Advice for Refocusing, Rebuilding and Reloving

Dr. Pamela Antoinette shares encouraging stories and tips on moving forward

April 5, 2013—Atlanta’s nightlife was all a buzz last month at Vino Venue with the debut of Dr. Pamela Antoinette’s new book, ***Letters to the Brokenhearted: Woman-to-Woman Advice on Refocusing, Rebuilding and Reloving***. While there may have been those present seeking healing, the event was filled with joy and laughter and with some of city’s who’s who in attendance, celebrating a book filled with honesty, hope and sisterly love.

In the book, Dr. Antoinette encourages the reader to refocus, rebuild and relove, all in that order. She takes the reader through her process, which dissects three failed relationships and then finally, like all great love stories, there is a happy ending.

There are no easy quick fixes when relationships end, even if the departure was a speedy one, and that is what Dr. Antoinette so masterfully portrays in her book. She carefully, yet entertainingly walks, and sometimes dances, the reader through the nitty gritty. It remains an honest portrayal that stays away from the annoying “great advice” that one receives from well meaning friends and family. And, what sets this book apart is Dr. Antoinette’s step-by-step

approach to examining the tiny missteps which may lead to big mistakes and how one may avoid getting into them in the first place. What is even better, she shares her personal victories and triumphs, which seem realistic and easy to relate to, motivating the reader to achieve actual, attainable results.

The book is an easy read, depending on where you are in your own personal journey. At times, you find yourself nodding in agreement and at others gasping as you see your very life flash before your eyes. Either way, it is a must read. ***Letters To The Brokenhearted*** must be placed on the top of the pile and will more than likely become an instant book club favorite!

Meet Dr. Pamela Antoinette in person!

Monday, April 29th, Pranna, New York City
Saturday, May 11th, Beso, West Hollywood

To attend, contact Jennifer Trehar at jtbeeason@me.com

About Dr. Pamela Antoinette



Dr. Pamela Antoinette is a certified life coach and professor of qualitative research at Mercer University in Atlanta, 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.