

The room was also filled with laughter, as Dr. Antoinette shared some of her more humorous reflections on the “what to” and “what not to do”. Who thought the perils and missteps of love could be so funny?

But seriously, love can be overwhelming and who better to help you get through than a friend who can offer sisterly AND brotherly advice. That’s right. The book is also a must read for men. The letters and advice are practical, genuine and actually realistic and stays away from bashing its male readers.

The refreshing book was recently ranked number one Amazon in its category and Dr. Antoinette was thrilled to hear the good news. “When I found out that it was number one, it was so uplifting. I am grateful to know that it has become a useful tool to help others see the light at the end of the tunnel”, said Dr. Antoinette.

The book is also becoming a favorite amongst people of faith. Pastors are encouraging their congregation members to purchase copies. Dr. Antoinette recently received a distinguished alumni award from Cardinal Stritch University, recognizing that she has become an inspiration to many.

Next stop: Tinseltown! On Saturday, May 11th, Dr. Antoinette will meet and greet influencers in West Hollywood for an evening of love and laughter at **Eva Longoria’s** famed restaurant **Beso**. And judging from all the gossip and espionage on and off-air, celebrities are in need of some love lessons as well. Cocktails and dining will set the back drop for an amorous evening with real talk, and no topic off limits! To attend the private cocktail reception, contact Jennifer Trehar at jtbeeason@me.com. Space is limited.



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 love and relationships, 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

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For more information about Dr. Pamela Antoinette and the other cities will visit, please check out <http://www.pamelaantoinette.com/events.html>