

## **PRESS RELEASE - DR. KAREN'S MARRIAGE MANUAL**

*This manual offers couples the inner mind of the top marriage therapist that has helped thousands of couples over the past 18 years. The world needs 'real' advice for 'real' people at any and all marital stages - this manual provides the answers now!*

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In Dr. Karen's cutting edge new book, this genuine relationship expert and marriage strategist leaves no stone unturned, no topic is taboo, and writes in a style that speaks to everyone. Finally, a book that provides 'real solutions for real life problems' offering do-able concrete techniques for all marital struggles that can be implemented immediately with proven results!

Some topics include:

- How to have a happy, healthy, lasting marriage - 40 ways A to Z
- 29 ways to destroy your marriage - the most common mistakes
- 5 proven techniques to thrive in your marriage
- Communication strategies
- Infidelity: why men and women cheat, pre-marriage cheater personality styles, the cheater meter, the marital cheating prevention formula
- Sex survey results
- Top 10 marriage complaints with solution resolution techniques
- #1 most common sex question married men and women ask is answered
- Top 27 reasons why couples attend counseling and what to expect (addiction, trust, infertility, emotional divorce, abuse, power, in laws...)
- Common marriage myths debunked (intimacy, violence)
- Homework, tasks, assignments to enhance, improve, save your marriage

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### **Media/Print Experience:**

Dr. Karen, regular mental health expert for FOX 25 News Boston. Has appeared on national programs including The O'Reilly Factor and America Live With Megyn Kelly. Producer and host of: The Dr. Karen Show, weekly local cable TV talk show where she provides relationship, marriage, parenting, and mental health advice, conducts interviews and hosts panel discussions. Dr. Karen appears as an expert on many radio programs including 96.9 Boston Talks: The Doug Meehan Show and The Joe Ligotti Show, FOX News National Radio, and more.

Dr. Karen, author of the parenting book: The 9 Key Techniques For Raising Respectful Children Who Make Responsible Choices (Released Summer 2009). Based on her nationally known parenting workshop and designed for this generation of parents. Dr. Karen, columnist: Pediatrics for Parents. She is often quoted in print: Woman's Day, USA Today, The Boston Globe, Care.com, Parents Magazine, and more.

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Based out of Sharon, Massachusetts (Just a quick train ride into NYC to appear live)

**Availability:** Nationwide by arrangement: available as a last-minute guest, live and/or satellite

**Contact: Dr. Karen Ruskin**

**Phone: 781-201-9913** (24/7 availability: direct phone line for media professionals)

**Email:** drkarenruskin@msn.com

**Website:** www.drkarenruskin.com



**Dr. Karen Ruskin, PsyD**  
Licensed Marriage & Family Therapist  
Relationship Expert  
Marriage Strategist  
Parenting Interventionist  
Psychotherapist  
Mental Health Contributor

