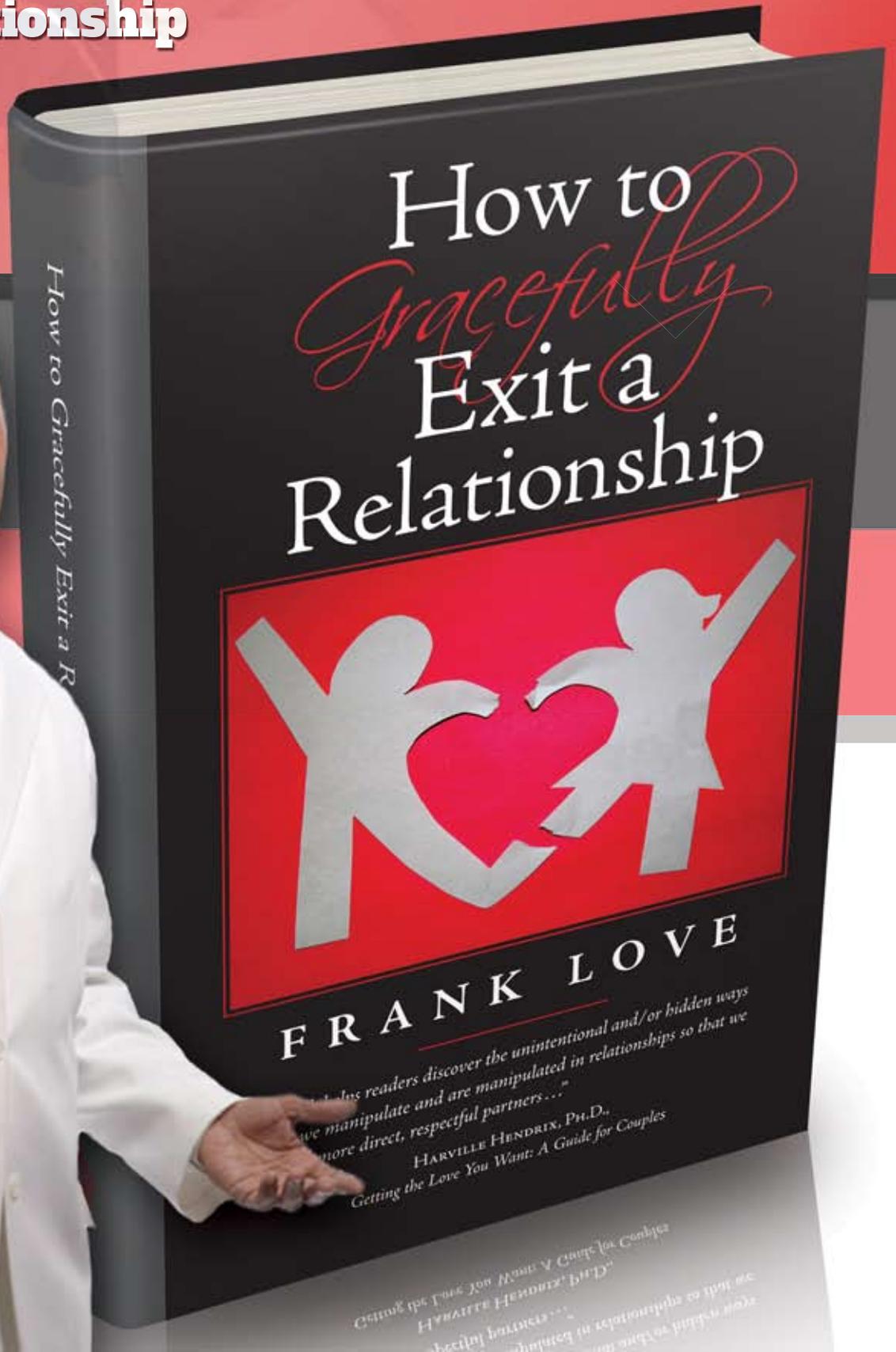


FRANK *Love*



**New Release from
One of America's
Hottest Relationship
Experts**



PRAISE for Frank Love

“Frank helps readers discover the unintentional and/or hidden ways that we manipulate and are manipulated in relationships so that we can be more direct, respectful partners. When we stop manipulating and start communicating, our ‘mistakes,’ ‘errors’ and ‘imperfections’ can become fun bumps along the road to a lasting, loving partnership.”

—Harville Hendrix, Ph.D.

Author of *Getting the Love You Want: A Guide for Couples*

“Frank Love’s short, clear, and passionately honest book thoughtfully delivers a powerful message. As much as the book offers specifics on *How to Gracefully Exit a Relationship* it more importantly suggests how to be true to yourself, define and find a healthy relationship, and enjoy it as long as it lasts.”

—Jill Nelson

Author of *Volunteer Slavery & Sexual Healing*

“This book is practical, clear and relevant in this age of social media and networking. It reaches across the artificial boundaries of race, class, sexual orientation and gender and has the capacity to empower people in their choice to remain in or exit relationships in a healthy way. Frank Love’s recommendation to engage in authentic communication is inspiring! His focus on exiting a relationship gracefully is provocative, yet necessary to develop healthy and responsible partnerships. It is in relationships that we are wounded, and it is in relationships that we are healed.”

—Latoya C. Conner, Ph.D.

Licensed Psychologist

“I absolutely loved this book. It is very straight-forward, practical and easy to follow. It is a great, broad guide to any successful relationship and potential break-up. I truly believe a successful start of the relationship is communication on all levels, and Frank Love makes this point with practical examples.”

—Neringa Kisler

NK Counseling





The Media's Go-To Expert for Relationship Advice

Believing that it's time we all start living (and loving) outside of the box, Frank Love takes the one-size-fit-all approach of many relationship books and turns it on its head. His advice differs from the norm, yet at the same time, speaks to experiences, fear, and desires that most (if not all) of us can understand. Frank Love knows that no two people, or two relationships, are the same. Making it clear that there is no formula for "catching" a mate, he instead invites his audience members to take complete responsibility for what they want – what will make them happy in a relationship.

Book Frank Love and let him give your audience a fresh road map to relationship success.

Sample TOPICS for DISCUSSION

1. How to Gracefully Exit a Relationship
2. Important Matters to Handle Before Getting Married and/or Having a Child
3. Seven Common Mistakes that Can Sabotage a New Relationship
4. Three Essential Things Every Couple Should Do Before They Get Married

Frank Love is author of the new book, *How to Gracefully Exit a Relationship*. He is host of the Frank Love on Relationships cable television series and the *Frank Relationships* radio show. His popular relationship blog and numerous media appearances are making him one of the hottest personalities discussing relationships today. Frank is a native of Washington, D.C., and has degrees from both Howard University and The George Washington University. He is a loving mate and father of four.

To learn more about Frank Love, visit FrankLove.com

Suggested QUESTIONS for Frank Love

1. Do men and women approach relationships differently? And if so, what is the difference?
2. What have you found to be the biggest obstacles for people in relationships?
3. What have you found to be the keys to building a successful relationship?
4. Are there times when relationships can't be saved? What are those signs?
5. I've heard you say that it is best to prepare for a relationship's end when it is just beginning. Would you please explain that statment because it seems a bit counterintuitive for most people?
6. Are there things that people should look for before they start a relationship?
7. You talk a lot about loyalty, trust and partnership. Why are those so important?
8. If there is one piece of advice that you can give to couples today to improve their relationships, what would it be?
9. I understand that you do workshops on building successful relationships. Can you talk a little bit about those?
10. How can people find out more information you and get information on your book, *How to Gracefully Exit a Relationship*?



Frank Love Biography

Frank Love is a loving mate, father of four and author of *How to Gracefully Exit a Relationship*. A native of Washington, D.C., Frank has degrees from both Howard and George Washington Universities but no formal training in relationship dynamics. However, he has spent years watching his and other's relationships face challenges around loyalty, trust and partnership, and he began to question his own motives and methods in relationships. Instead of resting comfortably in the status quo, sleepwalking toward a content and comfortable future, Frank decided to push the envelope in his relationships, and to encourage others to do the same.

Believing that it's time we all start living (and loving) outside of the box, Frank Love takes the one-size-fit-all approach of most relationship books, experts and "rules" and turns it on its head. His advice differs from the norm, yet at the same time, speaks to experiences, fears, desires and distinctions that most (if not all) of us can understand.

Frank Love knows that no two people are the same, and neither are any two relationships. Making it clear that there is no formula for "catching" a man, or a woman for that matter, he instead invites readers to take complete responsibility for what they want—what will make them, if no one else in the world, happy in a relationship. Rather than teaching readers how to set traps and play games with others, Frank Love suggests you focus first on yourself, the most important person in the world, to figure out what ideal love looks like for you—so that you can go out and get it. Frank Love doesn't guarantee you a happily ever after—only the secret to creating relationships that works for you.



FOR MORE INFORMATION ON FRANK LOVE,
PLEASE VISIT WWW.FRANKLOVE.COM

Press Release

Relationship Expert Prepares Couples to Break Up

Could there be a painful or costly breakup in your future? According to most relationship statistics, the answer is likely “yes”! But this doesn’t have to be the case. In his new book, *How to Gracefully Exit a Relationship*, Frank Love reveals what couples and individuals can do to create more fulfilling partnerships, or to amicably end relationships that aren’t working—without suffering the emotional, financial and family ruin that major breakups can cause.

Don’t think a breakup can happen to you? Consider the following: The average person experiences at least two major breakups (Cha-Cha.com); approximately half of all marriages in the U.S. end in divorce (Divorcerate.org); the average cost of divorces involving lawyers is about \$1,500 for uncontested divorces and more than \$15,000 for contested divorces (Forbes.com); unhappily-married individuals report lower levels of emotional and physical well-being than single people (American Psychologist); and family violence accounts for 11 percent of all violence, and 49 percent of those crimes involve spouses or ex-spouses (Department of Justice).

“Far more than just a ‘breakup book,’ *How to Gracefully Exit a Relationship* guides readers at every stage of their romantic partnerships, helping them to have the tough, important conversations that most couples avoid,” says Love. “Readers learn how to be more honest with their partners so that they can make better decisions in their relationships and enjoy the happiness that eludes many couples. Whether you’re beginning a whirlwind romance, seeking to improve your marriage, looking to gracefully separate from your partner, or talking to your teenager about relationships, you’ll find *How to Gracefully Exit a Relationship* to be an invaluable resource.”

Frank Love is host of the Frank Love on Relationships cable television series and the Frank Relationships radio show. His popular relationship blog and numerous media appearances are making him one of the hottest personalities discussing relationships today. A native of Washington, D.C., Frank Love has degrees from both Howard University and The George Washington University. He is a loving mate and father of four.

Frank is available for book readings / signings, speaking engagements, and media interviews. For more information and tour dates, visit: <http://www.franklove.com>.



MOCK REVIEW

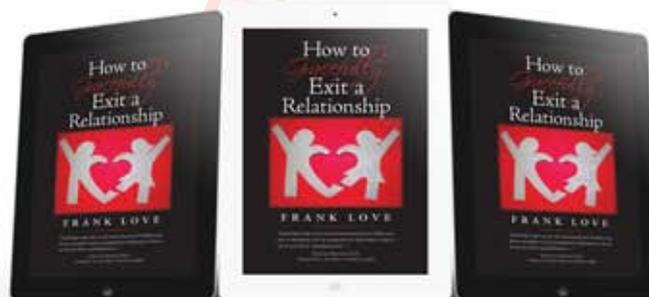
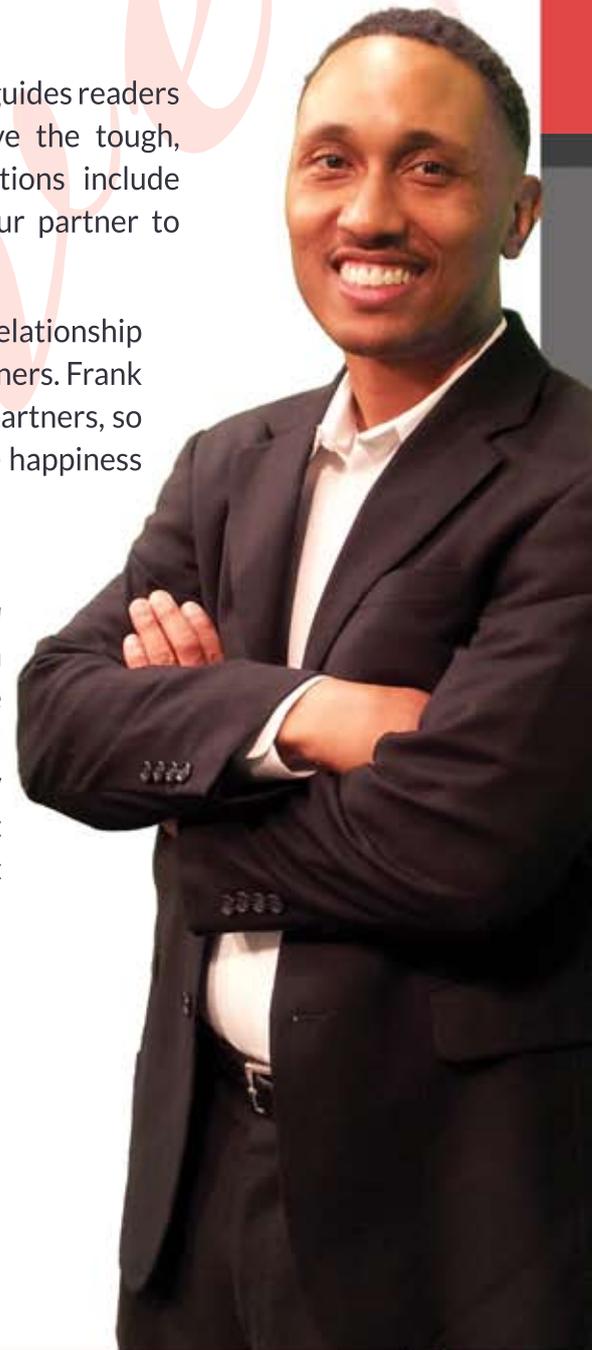
How to Gracefully Exit a Relationship

Could there be a painful or costly breakup in your future? According to most relationship statistics, the answer is likely “yes”! But this doesn’t have to be the case. In his new book, *How to Gracefully Exit a Relationship*, Frank Love reveals what couples and individuals can do to create more fulfilling partnerships, or to amicably end relationships that aren’t working—without suffering the emotional, financial and family ruin that major breakups can cause.

Far more than just a “breakup book,” *How to Gracefully Exit a Relationship* guides readers at every stage of their romantic partnerships, helping them to have the tough, important conversations that many couples avoid. These conversations include everything from discussing the idea of an open relationship with your partner to explaining to your children why you and spouse are getting a divorce.

How to Gracefully Exit a Relationship delivers a practical roadmap to relationship happiness through a gateway of authentic communication between partners. Frank adeptly helps readers become more honest with themselves and their partners, so that they can make better decisions in their relationships and enjoy the happiness that eludes many couples.

Well integrated with personal stories from Frank's life and colorful examples from his popular online blog, *How to Gracefully Exit a Relationship* is sure to enlighten, entertain and inspire readers with helpful anecdotes and practical steps that individuals can take to create relationships that work for them. Whether you’re beginning a whirlwind romance, seeking to improve your marriage, looking to gracefully separate from your partner, or talking to your teenager about relationships, you'll find *How to Gracefully Exit a Relationship* to be a must read.



Q&A with Frank Love

Q. What is the key to a successful relationship?

FL: There are a few important aspects. But one of the most important is space. We do great coming together when we have an affinity for one another. But we have a hard time managing creating space along the way so that the relationship can breathe and renew.

Q. You once wrote “Thank God for Affairs” how can you justify infidelity?

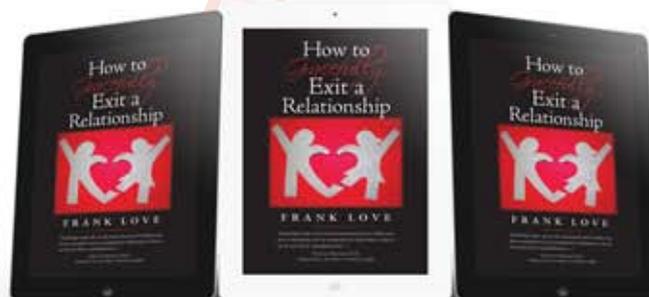
FL: Many of us are willing to withstand virtually any behavior or condition in a relationship, except infidelity. My point was, if you are in a relationship that you do not enjoy or like and an affair will give you permission to let it go, I am glad that there are affairs to let you out of the bars that you have created for yourself.

Q. Does a man need to do what it took to get a woman to keep her?

FL: Absolutely not. When is this ever the case? If you pick up a penny do you have to do what it took to get it to keep it. No. When a woman is being chased, she runs. When a man wants to catch her he runs faster than she is running. Once she is caught. She has no reason to continue running, so why would he continually chase her. The concept sounds good, but it isn't true.

Q. How can a person determine which partner might be a cheater?

FL: Open up their legs. If he or she has genitals, there lies a potential cheater.



Q&A with Frank Love (Cont.)

Q. Are relationships sacred?

FL: Only as much as you want them to be. Keep in mind, by making a relationship or a component of it sacred, we are eliminating the ability to question it. That is a treacherous state for a relationship. There are issues that may require revising over and over. To call something “sacred” closes that possibility for inquiry and improvement.

Q. You have written a book on breaking up. Why?

FL: The subject is often considered taboo, almost as if it doesn't happen. But it happens all of the time. 50% of the time. It is time we lightened up about the matter and faced that it can happen to us, and that there is a way to mitigate a great deal of the pain and heaviness that often ensues.

Q. How do you justify selflessness and selfishness being the same?

FL: We are all selfish in everything that we do. If we did not benefit from it we wouldn't do it. But many of us are unwilling to admit that we are being selfish when we do many of the things that we do. We try to act like it is altruism, when it isn't. It is just a decision that we are making that is generally accepted as being popular...but no less selfish.



FEATURED ARTICLE

Selfish vs. Selfless: What's the Difference?



Selfish people take. Selfless people give. Selfish people make life harder for others, while selfless people make life more pleasurable for others. This is how many of us distinguish between “selfish” and “selfless,” and most people would rather be perceived as the latter. I challenge both generalizations. Neither is good or bad. In fact, the two concepts are inextricably linked ... not opposites, as their definitions imply.

Regular Frank Love readers and viewers know that I believe we are all selfish— and that even the choice to be selfless stems from a selfish place ... either because you enjoy helping others, because it supports the self-image you want, or because you get something out of it. For example, I might “selfishly” take a weekend trip by myself. My mate could choose to see me leaving her to deal with the children while I relax on a beach for a couple days as selfish. But if I return a happier person, with more energy and patience for my family, she might also see the trip as selfless.

Likewise, if I surprise her with a spa weekend while I care for our children, I might also have the “selfish” intention of helping her relax ... so that she will be more likely to do nice things for me.

The point of this semantics lesson – one which has caused philosophers to argue in circles for centuries – is that it’s pointless to judge an action as selfish or selfless. Instead, focus on the results. If your mate makes a “selfish” decision that benefits you, you probably won’t complain much. If it doesn’t benefit you, consider just letting your mate be selfish sometimes ... without any guilt trips or manipulation. Not only is a happy mate more fun to live with, but you never know how you might benefit down the road.

Many of us are unwilling to admit it, but we want to be accepted. When you are a Powerful Person in a Partnership, you are both selfish and selfless, because you are true to yourself while also supporting your partner’s efforts to be true to him or herself – even when you don’t like it. You can figure out which to call which.



FEATURED ARTICLE

Monogamy: How Important Is It to You?



Though the statistics vary a bit by study and by gender, most married Americans are monogamous ... or at least, they expect monogamy from their spouses. Many of us get downright irate about its importance. Some people threaten violence or even murder should their spouses stray ... and they mean it. Some say nothing but quietly plot the general havoc they would wreak—everything from running their partner's name through the mud, to taking them to the cleaners in court. Some would just feel hurt but not seek retribution, and others don't expect fidelity at all in their relationships. Either way, it's probably safe to say that most of us have given the issue some thought. And considering the emotional, financial and even bodily damage that infidelity is often blamed for, it's worth discussing with your mate.

And even if you don't think either of you would ever stray, it's a good idea to discuss what would happen, just in case. After all, there are probably some things you never thought you'd do ... until you did them. If monogamy is an expectation in your relationship, consider putting an actual penalty on the "violation."

It is said that marriage is a contract, and many contracts have expectations and penalties. So, get the monogamy conversation popping by adding a dollar figure to it. Whether or not you make it official or enforce it is up to you, and is ultimately irrelevant. The point is simply to gain clarity about how much value each of you places on fidelity.

By proposing a penalty to our mates, we learn how strongly they feel about fidelity. Your partner might agree to your terms, argue for a lighter or stricter punishment, or state an unwillingness to pay anything because he or she considers it an unfair expectation. Either way, adding a financial incentive to the equation can breathe a new form of candor into the discussion.

So, are you ready for the results? Eliminate the quiet seriousness of the issue. How much does it mean to you? How much would you be willing to charge or pay for an indiscretion? Clarity can be a powerful thing.



FEATURED ARTICLE

Are Relationships Sacred?



I am a light-hearted guy – and ... as many of the people closest to me put it ... a “knucklehead.” So, I find the generally serious, aggressive tone that looms over many relationships – whether discussing their basics or specifics – to be overkill. And a little dangerous.

There are some aspects of marriage that many people consider “too sacred” to even discuss or negotiate—such as monogamy. And while I appreciate the romantic sentiment at work here, self-censorship undermines the importance of communication in human relationships. Many of us are raised to think that certain topics ... such as money, religion, and politics ... should be off limits—for the sake of politeness or keeping the peace. But, if we never discuss them, we limit our opportunities for learning, growth and/or understanding.

Speaking freely can be important in relationships, and agreeing that nothing is too sacred to discuss, can save you lots of heartache and confusion down the road. Without conversation and negotiation, assumptions may arise and linger. And assumptions can get us into trouble. assume otherwise would only lead to disappointment.

Sacred means “reverently dedicated to some person, purpose or object.” Sure, there are certainly things I believe to be sacred – including my family, my friendships and my quiet time. But I have learned that this reverence is mine and pretty much only mine. Strangers and even friends may not value any of these things. This value is determined and felt by me ... but not by the world. To assume otherwise would only lead to disappointment.

Bottom line: You can make whatever you want to make sacred ... to you. But it gets tricky when others are involved. And because a relationship is an agreement between two people, it’s only as sacred as its participants make it. People change, and therefore, so do the players in agreements ... often without your permission or consent.

Is your relationship or some aspect of it too sacred to discuss? Perhaps it would hurt too much if the two of you were to analyze or change it? Or, maybe you had a discussion, considered the matter closed, and made it clear that you never want to revisit it. But if there is something you believe to be set in stone, remember this: Stone breaks. It is just the nature of working with someone else. An understanding of this is both flexible and Powerful.



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Baltimore, MD 21201

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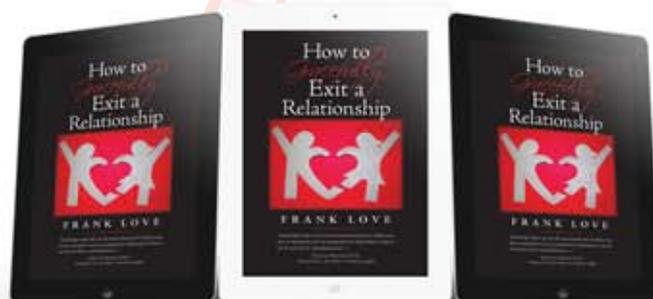
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Radio Show

Frank Relationships



The *Frank Relationships* radio show provides a candid, fresh and frank look into relationships with goals of acceptance, respect and flexibility. The show is designed to educate, enlighten and entertain listeners with expert interviews and real life stories that highlight openness and understanding during unusual or difficult circumstances in relationships. As one to never shy away from controversial or taboo topics, Frank covers the complete relationship spectrum including everything from “non-traditional” parenting to polygamy and transexuals.

Believing that it’s time we all start living (and loving) outside of the box, *Frank Relationships* takes the one-size-fit-all approach of most relationship books, experts and “rules” and turns it on its head. The show differs from the norm, yet at the same time, speaks to experiences, fears, desires and distinctions that most (if not all) listeners can understand.

Frank Love has spent years watching his and other couple’s relationships face challenges. He has come to understand that realism, honest communication and acceptance are the secrets to more fulfilling partnerships. Through *Frank Relationships*, Frank provides his audience with a roadmap and expert sounding board to help figure out what ideal love looks like for them—so that they can go out and get it. Frank Love doesn’t guarantee his listeners a happily ever after—only the keys to creating relationships that works for them.



Key Statistics

The Growing Impact and Influence of Frank Love

Frank Love has quickly emerged as one of the hottest personalities discussing relationships today. In addition to being a prolific speaker, blogger, author and media host, Frank has contributed to such television and radio programs as Fox News Radio, *The Jim Bohannon Show*, and *Your Time with Kim Iverson*.

In just a few short years, Frank has amassed a noteworthy following and recognition.

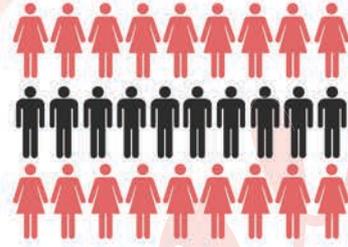
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Weekly Listeners



Over 11,000
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