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CHOOSING ME BEFORE WE

New Book Dares Women to Put their Most Important Relationship First— the One with Themselves

Far too many women spend countless hours complaining about, analyzing and crying over their unmet desires for the right man to love them, hold them, and marry them. Far too often, they go on to “settle” for a guy who might seem like “Mr. Right” in some ways, but who never becomes a true partner or satisfies her deepest desires.

In her book *Choosing Me Before We: Every Woman’s Guide to Life and Love* (New World Library, February 14, 2009), author and life coach Christine Arylo turns the topic of love relationships on its head by asking women to stop trying to find, fix, or catch a mate, and to start getting real with themselves. She asks, “Who is the ‘real ME?’ What does she really want? How do her actions and beliefs create her reality, and therefore her relationships?”

Arylo, who almost married the wrong guy for all the wrong reasons, openly and honestly shares her real-life experiences and a-ha moments, and those of her friends and clients to help women uncover their own truths about life and love. *Choosing Me Before We* offers the wisdom and liberation that is possible when we discover, love, and live for “me” instead of starting with “he” or “we.” Arylo’s authenticity and sincerity make her book as inviting and entertaining as a conversation between girlfriends over a glass of wine.

In *Choosing Me Before We*, she teaches women to stop settling and/or desperately seeking fairy tales and to start exploring and understanding what they truly want in themselves and their mates by helping them:

- **Know** the real woman living inside.
- **Find Truth** and get honest about the lies and illusions influencing her life.
- **Love** the woman she is today, was yesterday, and is becoming tomorrow.
- **Trust** her best friend — hello intuition!
- **Honor** her desires so completely that she never settles again.
- **Manifest** the partner and relationship she really wants.

Choosing Me Before We opens the door to a whole new level of conversation about a topic women talk about more than any other subject — their relationships with men. This book is for all women whether they’re looking for love, evaluating a less-than-fulfilling relationship, rebounding from a bad breakup, or working through interpersonal issues as a couple.

About the Author

After earning her MBA and spending over 12 years marketing big brands like Gap Inc., Visa and Frito-Lay, Christine Arylo traded in building images for companies for the chance to inspire women to break free from theirs. Today Christine is an inspirational catalyst who challenges and guides women to find, live and love their most real ME through her work as a coach, author and speaker. She lives in the San Francisco Bay Area. Visit her online at <http://www.daretoliveyou.com> or www.madlyinlovewithme.com.

CHOOSING ME BEFORE WE by Christine Arylo

February 14, 2009 • Trade Paper • 240 pages

Price: \$14.95 • ISBN 978-1-57731-641-1