

## CONTACT

Caroline Mann  
Publicity Manager  
646.688.2531  
[cmann@sterlingpublishing.com](mailto:cmann@sterlingpublishing.com)



## FOR IMMEDIATE RELEASE

# ROMANCE REHAB

*10 Steps to Rescue Your Relationship*

By Dr. Jan Hoistad

“No one is born knowing how to have a great relationship, yet 90% of the population seeks committed love at least once,” says **Dr. Jan Hoistad**, a licensed psychologist who has helped countless couples rehab their romance through Big Picture Partnering over the past 30 years. “It is evident that role modeling and serendipity are not enough to create a long lasting and vibrant relationship. Chemistry, timing, and common interests may bring couples together, but they do not guarantee long-term success. At some point all couples stumble upon differences that lead to conflict. A mutually accepted vision of partnering and a clear set of tools empower a couple to work in sync with one another and help them to navigate any change or turbulent time in their relationship. The Big Picture Partnering style and the 10 Steps provide just such guidance.”

In her book, **ROMANCE REHAB: 10 Steps to Rescue Your Relationship** (Sterling Publishing Co., Inc. / Jan 5, 2010), Hoistad teaches her innovative 10-Step approach to creating a relationship that will last longer and stay stronger because both partners are getting what they most want in life. Working through the 10 steps to partnering success, readers will emerge as Big Picture Partners, equipped with a set of tools to keep them connected, communicating, and reaching for their dreams together.

### **ROMANCE REHAB** helps readers:

- Take a step back and look at the Big Picture of their relationship—to re-identify what they value and desire both individually and together;
- Pinpoint their relationship style and offers them 10 Steps to work in-sync as they turn conflict into creativity;
- Manage the daily details of life—everything from household chores and schedules to finances, sexuality, and other common disagreements—while working towards Big Picture long-term dreams and goals.

### Key questions **ROMANCE REHAB** answers include:

- What is our relationship style and why is this important to clarify?
- How do we stop fighting and resurrect the good feelings that brought us together?
- How do we turn our problems into mutual goals?
- How do we turn those goals into a reality?
- Are there things I can do individually to make my partnership better?
- How much time a day or week should we spend working on these issues?

Whether things have fallen off track or there is just a need to deepen an intimate connection, **ROMANCE REHAB** shows readers how to find love, happiness, and be loved in their most important relationship.

For more information on Hoistad or **ROMANCE REHAB**, please visit [www.DrJanHoistad.com](http://www.DrJanHoistad.com).

## **ABOUT THE AUTHOR**



**Dr. Jan Hoistad** has 30 years experience as a licensed psychologist, educator, and coach in private practice. She works with individuals and couples at all stages, successfully teaching them to partner—in relationship, as parents, or in preparation for a new relationship. She specializes in helping couples reach new heights of intimacy and love through personal and interpersonal creativity. Many of her clients are unconventional people who lead outwardly mainstream lives, yet seek authentic, fulfilling ways of expressing and deepening themselves.

In addition to serving as a therapist and coach, Dr. Hoistad conducts workshops and teleseminars. She has appeared on numerous radio shows, local television, and in newspapers and national magazines. She is trained as a Neutral Coach in Collaborative Divorce cases, provides Reconciliation and Divorce therapy, and coaches individuals going through various stages of Alternative Dispute Resolution, custody evaluation, and litigation. Dr.

Hoistad received her doctorate from the California School of Professional Psychology and attended the Program On Negotiation at Harvard Law School. She has training in Mediation through Dispute Resolution Services of Minnesota, and is a member of the Minnesota Psychological Association, the Collaborative Law Institute, and the International Association of Collaborative Professionals. Dr. Hoistad lives in Minneapolis.

## **SUGGESTED INTERVIEW QUESTIONS**

1. What are the four relationship styles and how does Big Picture Partnering differ from the other three styles?
2. What are the first steps and couple can take to rehab their relationship, and what makes them so important?
3. In Step #1, "Increase the Positives Between You" (Page 32), you indicate that a high number of positives are necessary for every negative interaction. How can this 5-to-1 ratio keep a relationship rock-solid?
4. You talk about developing "a thread of on-going communication." How can a couple achieve this, and why is this so important? What if they are really busy?
5. Why is making decisions together such a big deal in a relationship?
6. What if one person doesn't participate fully—can a relationship still be improved, and how?
7. You talk about turning conflict into creativity—how do couples do this especially if they have been fighting?
8. Why is goal setting so important in a relationship?
9. What do you mean by "putting your issues on the table" and how is this achieved?
10. At what point in a relationship is the Big Picture Partnering style most helpful?
11. Where can I find more information?

### **ROMANCE REHAB** ***10 Steps to Rescue Your Relationship***

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387 Park Avenue South  
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Phone: 212.532.7160  
Fax: 212.532.4238

[www.sterlingpublishing.com](http://www.sterlingpublishing.com)