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### Couples Rekindle Missing Passion with More Compliments

#### Four ways compliments spark a romantic relationship

February 8, 2011 (Denver, CO) – Struggling to reignite the romance? Couples who are frustrated by dwindling desire often overlook the biggest source of a woman’s intimate pleasure: her mind, according to Monica Strobel, author of the new book, *The Compliment Quotient: Boost Your Spirits, Spark Your Relationships and Uplift the World*.

“When it comes to creating more passion in a relationship, couples should skip the search for more invasive, expensive or short-lived fixes and start complimenting each other instead,” Strobel says. Looking for a “magic passion pill” lets couples skirt around what’s often in the way of her physical desire. Taking back more brain space is key.

In the early days of togetherness, women are turned on to their partner because their minds are turned on—with flirting, fascination and intrigue. Long into a relationship, busy women often find desire lacking because their “biggest sex organ” is overflowing with the details of work and family demands, remembering tomorrow’s kids’ schedules, and ruminating on resentments about socks still left on the floor or other common couples’ gripes.

Compliments provide an overlooked but powerful combination of focus, immediacy and emotion that help reverse taking for granted, interrupt resentments and remind each other of who they fell in love with to begin with. “Stoking the mind-body-heart connection may be more time consuming than simply buying chocolates, jewelry or dinner out, but is more rewarding in the extra neurons of passion it builds,” Strobel says. She suggests giving more regular and unexpected, sweet and sexy compliments instead.

Four ways compliments spark romantic desire:

- 1) To give a genuine compliment, couples must look for the positive, which refocuses their attention and interrupts, even momentarily, disagreements and taking for granted. Everyone desires to be appreciated, and compliments add a jolt of positive emotion to each others’ days, creating a foundation of interest and connection.
- 2) Looking for something to compliment requires a break from routine interaction to see your partner with less familiar eyes. This often stirs reminders of early attraction that help jumpstart passionate feelings.
- 3) Passionate feelings are connected to one’s sense of self. Beyond the joy and comfort of long-term loving relationships and marriage, women’s desire is wrapped up in reassurance that they are still attractive to her mates, and men desire respect, which their partners often leave to outsiders as time goes on.
- 4) Developing compliment “code phrases” is a simple way to help stoke desire from memories about past pleasures. Compliments wrap-up and unlock heart-felt emotions at the same time and men can take the lead on light-hearted sweet-talk to get more space in their partner’s heads and more time on passionate to-do lists.

In *The Compliment Quotient*, author Monica Strobel details the simple yet powerful practice of giving compliments to reap a better attitude and more personal joy, improve relationships, and counteract a growing culture of callousness, filled with “Complimentology” tips and exercises. Strobel, the Compliment Coach, is an author, speaker and working mother of three with 20 years communications experience in environmental, children’s and older adults’ arenas, now dedicated to empowering busy women to find more joy more easily. (Wise Roads Press, an imprint of Wyatt-MacKenzie Publishing, January 2011), available at [Amazon.com](http://Amazon.com) and other sites. More information at [www.complimentquotient.com](http://www.complimentquotient.com).

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