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## **Unleash the Power of Compliments for More Personal Joy, Kinder World**

*Author reveals how simple habit enhances relationships, romance and success*

January 25, 2011 (*Denver, CO*) – People overlook a simple strategy to enhance their well-being, improve their relationships and be the positive influence they desire around them, according to the newly released book, *The Compliment Quotient: Boost Your Spirits, Spark Your Relationships and Uplift the World*.

“Compliments are not merely etiquette or sugary, self-help-styled positive thinking,” says author Monica Strobel. In the book, she details how compliments reframe people’s mindsets regarding what they see and what they say amid hurried lives, stressed relationships and a growing culture of callousness.

“Just as little things that irk us and leave us feeling taken for granted add up to major stressors, simple recognition and kind words reap abundant goodwill and success,” Strobel says. “To give a compliment, you have to shift your focus from lack, impatience, resentment or over-familiarity to see with a blend of generosity, respect, gratitude or other attitude-shifting qualities that you share in words of praise.”

Loaded with Complimentology™ tips and exercises, *The Compliment Quotient* takes a light-hearted approach to this life-changing practice, targeted to busy women, in particular. The book outlines:

- why compliments are so powerful for the giver as well as the receiver;
- what are genuine compliments versus flattery or brown-nosing;
- how to accept compliments better;
- how to give compliments to lift one’s own flagging spirits, shore up friendships, enhance parenting, and even ramp up dwindling romance.

“We let other people respect our spouses, assume someone else is complimenting our friends, worry praise will spoil our children and think others will get ahead of us if we compliment them. Yet simple compliments interrupt frustrations, to stop someone from going home to berate their children or set a relationship beset with criticism onto a new track of connection and even romance,” Strobel adds.

Monica Strobel, the Compliment Coach, is a working mother of three and communications professional with 25 years’ experience in environmental, children’s and older adults’ arenas. She leveraged a penchant for saying nice things into personal and professional success and is now dedicated to making life easier for busy women. *The Compliment Quotient* (Wise Roads Press, an imprint of [Wyatt-MacKenzie Publishing](http://Wyatt-MacKenzie Publishing), January 2011) is available [at Amazon.com](http://at Amazon.com) and other sites. More information at [www.complimentquotient.com](http://www.complimentquotient.com).

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