

Compliments Key to Lasting Romance, Joyful Families and Career Success

Personal joy 'rescue plan' uplifts others, too

Busy women in hurried lives, stressed relationships and a growing culture of callousness overlook a simple strategy to jumpstart their joy, squash household squabbles, rekindle their romance and seed more success, according to the new book, *The Compliment Quotient*.

Brimming with humor and practical advice, author **Monica Strobel** reveals the power of appreciation and offers lively tips to use compliments to overcome the irritations, anxiety and bickering that zap our joy, jeopardize our health and threaten our relationships.

While many books address solving the ever-elusive "get happy" mystery, few provide this realistic guidance that enhances the lives of others, too.



Monica Strobel, author and the 'Complimentologist'

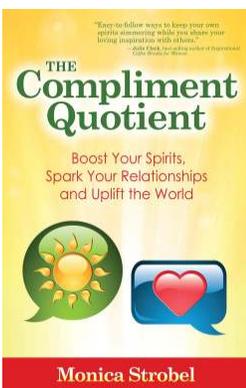
is a passionate mom-preneur, seasoned writer and charming speaker, whose insightful leadership on compliments and the courage of kindness benefits careers, workplaces, parenting, marriages, friendship and the world around us all.

Strobel has long been recognized for her can-do, uplift others attitude during her 25-year communications career in nonprofits, small business and government.

"We let others respect our spouse, think praise will spoil our kids, and worry coworkers will get ahead of us if we compliment them. Yet compliments interrupt irritations and criticizing to put relationships on a new path of connection, joyfulness and romance." ~ Monica Strobel

Segment and Interview Ideas

- How to keep your marriage out of '3-year-glitch' trouble and 5 tips to spark dwindling romance and passion
- Why women are more likely to climb the career ladder with compliments and 5 ways to do it authentically
- Why compliments are so uplifting for the giver and the receiver and 5 reasons they are so powerfully influential
- How giving compliments boosts you out of a bad mood and 4 ways this is so practical and effective
- 5 compelling and spiritual qualities of compliments
- Do children learn from praise or negative feedback and 3 tips to build loving bonds & kids' achievement with compliments
- How to give true compliments versus a come-on, backhanded or brown-nosing and 4 tips for giving the most meaningful compliments
- How good are you at accepting a compliment and 3 tips to improve



"The Compliment Quotient has turned me on to the power of compliments and enhanced my relationships, my parenting and even my business success. Monica's 'complimentology' techniques transform turbulence and tempers into triumph and ta-da."

Lisa Tener, author, The Ultimate Guide to Transforming Anger

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Wise Roads Press an imprint Wyatt-MacKenzie Publishing | 2011 | \$14.95 | Amazon.com

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