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FOR IMMEDIATE RELEASE

Convert Stress into Strength!

Couples and families can lead their COVID-19 recovery

Chattanooga, Tennessee, USA: Couples and families doing a reality check are seeing they need to convert their stress into resilience and thrive instead. A unified, committed couple and family will be healthier and happier and of increased service to the community.

“Partners must be advocates for what’s best for each other and their family members,” says Susanne M. Alexander, relationship and marriage coach and author of the new book *Creating Well-Being for Couples and Families*. “We have to look out for each other’s nutrition, sleep, and exercise. And, of course, virus exposure in these times. Beyond the physical is also caring for our own and one another’s mental, emotional, and spiritual well-being. When we are healthy, we contribute to the health of everyone around us.”

Alexander is certified to offer pre-marriage and marriage couple assessments and coaching, and for almost 20 years has led her own education company, Marriage Transformation (www.marriagetransformation.com). She is Chair of the Relationships, Marriage, and Family Department for online courses at the Wilmette Institute (www.wilmetteinstitute.org) and author/coauthor of over 15 books. She has also been a caregiver to family members and developed a passion for wellness choices in the process.

Couples and parents of young children have full lives and still need to stay healthy. *Creating Well-Being for Couples and Families: Increasing Health, Spirituality, and Happiness* provides short, accessible guides to 28 vital topics that empower couples to strengthen physical, mental, emotional, and spiritual aspects of their health and well-being and that of their family members. It contains practical suggestions, activity ideas, real stories from couples, and discussion questions to empower their success.

Book topics include: exercise, nutrition, relaxation, sleep, illness, time, friendship, dates, cleanliness, sex, parenting, family, work, money, communication, listening, appreciation, feelings, decisions, humor, nature, creativity, resilience, resourcefulness, spirituality, service, unity, and character. Content is based on science, spiritual perspectives from the Baha’i Faith, work with clients, and personal experience.

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