

If you have been cheated on—or you have been unfaithful and your partner found out—then it’s likely you understand the piercing betrayal of infidelity and know how horribly undone we can become by it. There are few relationships that have not experienced betrayal in some shape or form, with affairs being far too common.

Whether you’re on the receiving end of betrayal or the betrayer, or your relationship is simply in tatters but there hasn’t been any infidelity, *Choices: How to Mend or End a Broken Relationship* offers the keystones to help you decide whether it’s time to dig deep or whether it’s time to ditch. Either way, you’ll be choosing truth over deception.

*Choices* is the product of over 20 years of study of countless couples who sought Lauren's counselling during her time living in Singapore, Australia, and South Africa.

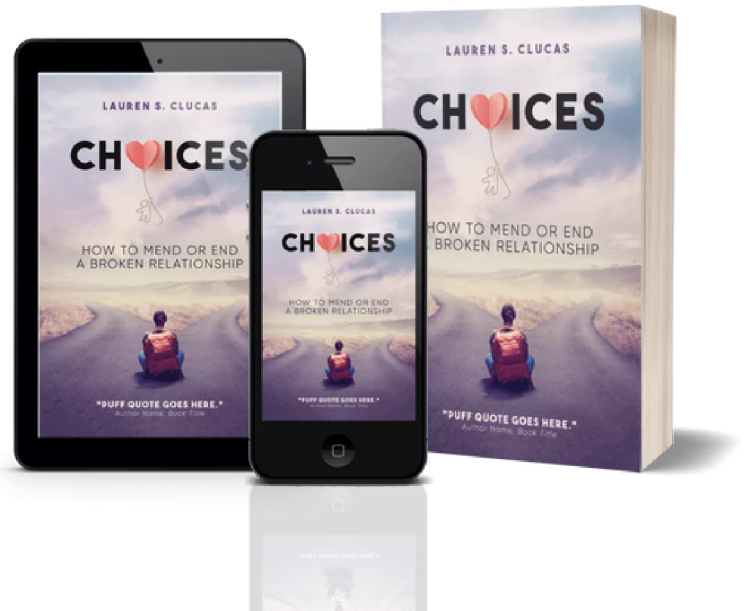
**"It has become clear to me that problems occurs in relationships when partners read being needed, or needing someone, as a sure sign of love. The more dependence increases, the more intense the illusion of love appears."**

— Lauren Clucas, *Choices*

**Promotion**

- Social media engagement and visibility on various platforms to an engaged audience for launch and sustaining post-launch
- Speaking engagements
- TV, podcast, magazine interviews and features
- Book signing events and readings (virtual)

**Choices**  
*How to Mend or End a Broken Relationship*



**About Lauren Clucas**

Lauren Clucas has a masters’ degree in social science (counselling) from the University of South Australia. Her career as a counsellor has spanned over twenty years and she has worked extensively with couples and individuals in the areas of relationship and depression.

In 2004, Lauren qualified as a group facilitator in relationship programmes for individuals and corporates and has run a practice in Singapore, Australia, South Africa, and Greece where she’s currently based.



*Poignant, powerful, practical! I was transported by Lauren's authentic sharing of her journey and could use each chapter to reflect on my own. This has opened up so many new positive choices I can bring to my marriage and given me the courage to explore and let go of the choices that no longer serve me. Anyone who wants to experience meaningful and healthy love, should read this book and apply its techniques!*

— **Verity Price, speaker, facilitator and author of *Present with Power***

## Target Audience

35-50, female, married/common-law, an educated professional earning a mid- to high salary. Feeling lacklustre (or worse) about her marriage, likely experiencing a betrayal, hoping to rekindle the spark, looking for trust, connection, support, wants to feel like a priority. Seeking a marriage that is stable, safe, raising a happy family, with room for adventure and creativity

## Categories

Parenting and Relationships > Family Relationships > Divorce  
Politics and Social Sciences > Sociology > Marriage & Family  
Science and Math > Behavioral Sciences > Behavioral Psychology  
Health, Fitness & Dieting > Addiction & Recovery > Sexual Addiction  
Health, Fitness & Dieting > Relationships > Marriage & Long-Term Relationships

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