

MARRIED TO DISTRACTION:

Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption

by

Dr. Edward M. Hallowell, bestselling author and director of the Hallowell Centers for Cognitive and Emotional Health and his wife, Sue George Hallowell, LICSW, a practicing couple's therapist for more than twenty-five years.

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"Clear-sighted wisdom . . . Those in search of practical, concrete advice for creating and saving marriages will find what they need."

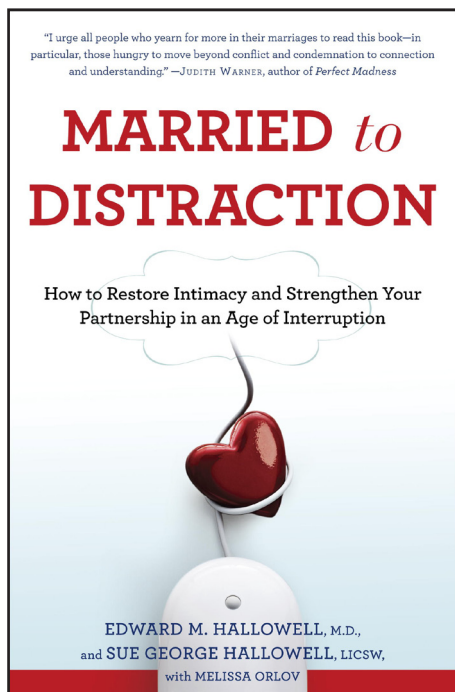
—Publishers Weekly (★ review)

Are you more distant from your spouse than you'd like to be? Do you sometimes get into big struggles over what amount to mere administrative details? Are too many of your conversations devoted to bad news? Do you frequently cram an hour's worth of dialogue into two minutes of blurting as you're rushing out the door? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, interrupted moments, and very real toxic worries.

Now Edward M. Hallowell, M.D. teams up with his couples' therapist wife, Sue George Hallowell, to explain the dangerous toll today's overstretched, under nurtured lifestyle takes on our most intimate relationship. The good news is that there are straightforward and effective ways to maneuver your marriage out of the destructive roadblocks created by the avalanche of busy living. Inside MARRIED TO DISTRACTION you'll learn:

- How in just thirty minutes a day for thirty days you can restore and repair communication and connection, resurrect long-buried happiness and romance, and strengthen—even save—a marriage.
- How to "special-ize" your marriage, build romance and find hope.
- How to observe and protect the natural sequence of sustaining love: attention, time, connection, and play.
- To identify the pressures that our crazybusy life-styles put on love and marriage, and fight back with tenderness and appreciation.
- Deal with the very real new world of affairs: the historically unparalleled availability of sex outside marriage.

Complete with scripts, tips, specific communication and interaction techniques, and inspiring real-life stories from relationships that were brought back from the brink, MARRIED TO DISTRACTION will set couples on a course of understanding, healing, and love.



A Ballantine Books Trade Paperback
On sale February 8, 2011
978-0-345-50800-3; \$16.00
www.BallantineBooks.com
www.DrHallowell.com

Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now the director of the Hallowell Centers for Cognitive and Emotional Health in Sudbury, Massachusetts and New York City. He is the co-author of *Delivered from Distraction* and *Driven to Distraction* as well as the author of *CrazyBusy*, *The Childhood Roots of Adult Happiness and Worry*, among other titles.

Sue George Hallowell, LICSW, has been a practicing couple's therapist for more than twenty-five years. The Hallowells are the parents of three teenage children. They live in Arlington, Massachusetts.



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