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FOR IMMEDIATE RELEASE:

WINNING AT LOVE: The Alpha Male's Guide to Relationship Success

www.winningatlove.com

With the current unstable job market, people are going to great lengths to maintain their competitive edge. But while aggression, ambition, and bravado may lead to success in the business world, these same qualities prove detrimental to important intimate relationships. Amidst a wave of emerging self-help books for men, authors and experienced therapists **Martin Groder, M.D.** and **Pat Webster, Ph.D.** take an in-depth and unique look at the behaviors and attitudes of these high-functioning “top dogs” in **WINNING AT LOVE: The Alpha Male's Guide to Relationship Success** (Bascom Hill Publishing Group; ISBN 978-1-935456-04-9; February 2010; \$19.95).

Though aimed primarily at alpha males themselves, **WINNING AT LOVE** is equally useful as a guide for alpha females, married couples, and anyone trying to navigate their way from Powerland to Loveland. Beginning by identifying different alpha types and providing a new, workable vocabulary for talking about relationships, **WINNING AT LOVE** offers a step-by-step process that will help you leave the alpha warrior at the doorstep and engage in an intimate relationship in ways that work.

This title is especially relevant and timely for couples who have resolved to work on their relationship. Dr. Webster is planning several speaking engagements around New York and North Carolina.

About the authors:

Martin Groder, M.D. served as psychiatrist and Chief Medical Officer at the United States Penitentiary at Marion, Illinois. Specializing in family and couples therapy, he practiced privately for twenty-eight years in Chapel Hill, N.C.

Pat Webster, Ph.D. received her doctorate in Clinical Psychology from the Union Institute. She is a longtime member of the American Academy of Psychotherapists and served as chair of the AAP Ethics Committee. Pat holds a black belt in karate.