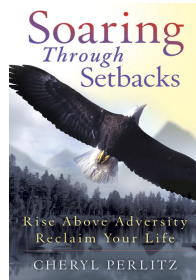


## Valentine's Day - A day of love Self Love as a Solo In a Couples World



*Soaring Through Setbacks...*  
*Rise Above Adversity...Reclaim Your Life*  
***A book about dealing with grief, career changes  
and other major transitions***



Cheryl Perlitz  
author/ speaker/ facilitator

Chicago, IL – February 2006

The United States Bureau of Statistics says that in 2002 almost 50% of marriages ended in divorce. That percentage is rising every year. There are 8.6 deaths per 1000 people per year. With the increase in natural disasters this year, and the war in Iraq those rates are surely rising too.

Most of your audience is dealing with loss of love through death or divorce, or just possibly trying to survive in a dysfunctional relationship.

Bottom line...all of us know someone who is about to face Valentines Day alone, friends and loved ones who are struggling to find their own way without a partner.

Share this advice with others or plan your own special Valentines Day with these tips. And don't forget to practice your own random acts of kindness!

Chicago author, Cheryl Perlitz; (***Soaring Through Setbacks, Rise Above Adversity, Reclaim Your Life***) offers these creative and inspiring tips that helped her get through 5 Valentines Days after the loss of her beloved 1<sup>st</sup> husband and before she met her wonderful 2<sup>nd</sup>.

### **PLAN YOUR VALENTINES DAY AS A DAY OF SELF LOVE WITH THESE SURVIVAL TIPS**

Start your day in a special way

- Add vanilla and cinnamon to your coffee grounds before brewing and set the timer so the aroma wakes you up in a wonderful mood.
- Dress in red silk lingerie/boxers under anything you decide to wear. Don't forget a red hat. Men ... try a new cologne.
- Go out for breakfast with a friend....have someone wait on you for a change.
- Bring a small gift to someone at work. Leave it on their desk but don't sign it... and watch that person try to figure out where it came from.

## Your lunch break

- For lunch, take a brisk walk outside or around your building, say hello and happy Valentines Day to everyone you see. Eat a salad and drink a tall bottle of water.
- Starting after lunch, eat one piece of chocolate (liquor filled if you can get away with it) when the clock strikes on the hour, every hour till 5 PM.
- At 4 PM stand by your desk and do some stretches or jumping jacks to get the blood flowing. Listen to your favorite CD (with headphones or low volume) between 4 and 5 PM, to put yourself in a great mood for the end of your work day.

## After work

- Buy yourself arm loads of flowers on the way home and decorate your home/apartment with them... in every room. They will be there to make you happy when you return home.
- Meet another single friend for happy hour. Go to a brand new bar/restaurant that you have never been to before.
- Join up with more singles for dinner, dancing or karaoke.
- For Women: End your evening in a luxuriously scented bath, slather oil all over your skin, pin your hair up and sleep in a vintage slip.
- For Men: Luxuriate in a hot bath or shower with scented body scrub, moisturize all over and sleep in silk boxers.

## **Commit to at least one act of Random Kindness:**

- Send someone else flowers or candy anonymously; either a crush or someone you know who is also alone on Valentines Day.
- For strangers you see during the day: pay a toll, buy a cup of coffee, give them a treat, write an encouraging note and give it to them.
- Buy a dozen roses and hand them out one at a time to various NEW people you meet through the day.
- Do a special act of kindness for a street person: give them a dollar, a macdonalds hamburger or a fantastic smile
- Invite another single to Happy Hour...you pick up the tab!

## **A bit about Cheryl ~**

Cheryl Perlitz is the author of the inspirational book "[Soaring Through Setbacks - Rise above adversity - Reclaim your life](#)". As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological

theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

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CHERYL IS AVAILABLE FOR LAST MINUTE INTERVIEWS

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