Rachel Greene Baldino MSW, LCSW Launches New Series with Relationship Book "The New Age Guide to Loving Simply" Which Includes a Foreword by Lisen C. Roberts, Ph. D.

*What could be more valuable in a relationship than learning how to argue less frequently, more constructively, and less hurtfully with your significant other? The New Age Guide to Loving Simply - Eliminating Drama from your Intimate Relationships, a new release by Rachel Greene Baldino, MSW, LCSW, contains everything you need to know about healthy, constructive conflict resolution in your intimate relationships.*

(PRWEB) February 4, 2005 -- The information contained in The New Age Guide To Loving Simply will help loving partners manage their anger, practice The Golden Rule, and learn why excessive emotional drama belongs in novels and on movie screens, not in real life.

Some of the tips Baldino recommends in The New Age Guide to Loving Simply include:

1. How to express anger in the healthiest, least hurtful ways, for example, by making a conscious choice to stay on point in all arguments with your partner.
2. How to avoid getting (or staying) involved with partners who are emotionally abusive, emotionally unavailable, players, or emotional vampires (i.e., partners who drain you of your emotional energy rather than replenishing it).
3. The importance of perseverance, compromise, and forgiveness in all intimate relationships.
4. How to maintain your own identity in your intimate relationship by not becoming overly enmeshed with your significant other.
5. The importance of fully inhabiting your intimate relationship with mind, body and soul, rather than over-analyzing it to death.
6. How to remain positive and optimistic in your view of and approach to love relationships.

Baldino maintains that no one should ever feel lonely, scared, abused, or taken for granted in a healthy, nurturing love relationship. Now, anyone in a committed love relationship can learn the simple but important techniques necessary to keep love alive for a lifetime.

Baldino’s title launches The New Age Guide To series, a new line from the publisher, New Age Dimensions. This series offers guidance on a variety of topics in every subject imaginable and provides readers with a unique approach to the subject matter. The guides are written in a personable manner that is easy to understand and fun to read. The content is formatted so you can read from the beginning straight through to the end or find valuable information at your fingertips while including fun and useful graphics that indicate the following different types of information: Consider This contains food for thought or information to guide you, Quick Quotes highlights important information and/or concepts and Panic Button is for warnings or areas of concern.

Rachel Greene Baldino, MSW, LCSW, earned her graduate degree from the Boston College Graduate School of Social Work in 1997. In 2000, her first book, Welcome to Methadonia: A Social Worker’s Candid Account of Life in a Methadone Clinic was published by White Hat Communications, an independent social work press. She lives with her family in Massachusetts.

To get the free report, Ten Steps to a Happier, More Satisfying Love Life, visit the New Age Dimensions Shopping Cart at http://newagedimensionspublishing.com/ashop/catalogue.php?exp=&cat=63 and click the demo file. You can also purchase The New Age Guide To Loving Simply at this same link.

Author Rachel Greene Baldino, MSW, LCSW is Available for Radio and Television Interviews or Shows.

Tip Articles and Media Review Copies of her book are available upon request.

Contact Rachel Greene Baldino at 508-799-9055, http://rachelgreenebaldino.com or by email at e-mail protected from spam bots or her publisher, New Age Dimensions, at 954-345-5867 or e-mail protected from spam bots for more information about The New Age Guide To Loving Simply or The New Age Guide To series.

# # #
Contact Information
Rachel Baldino
http://rachelgreenebaldino.com
508-799-9055

Online Web 2.0 Version
You can read the online version of this press release here.