

Compliments Key to More Joy, More Romance, Happier Families and Career Success

In our hurried lives, stressed relationships and growing culture of callousness, we overlook a simple yet powerful strategy to increase well-being and health, squash household squabbles, rekindle our romance and grow career success, according to the new book, *The Compliment Quotient*.

Brimming with humor and practical advice, author **Monica Strobel** reveals **the hidden powers in appreciation** and offers lively **tips to use compliments** to overcome the irritations, overwhelm and bickering that zap our joy, jeopardize our health and threaten our relationships.

While many books address solving the **ever-elusive “get happy”** mystery, few provide this **realistic guidance** that **enhances the lives of others**, too. It's the answer to 'what can one person do' to make a positive difference.

Ideas for Segments & Social Media Engagement

- Why marriages are threatened by '3-year-glitch' trouble and 5 tips to arouse romance with more compliments
- Why women are more likely to climb the career ladder with positive office politics and 5 ways to do it authentically
- Do children learn from praise or negative feedback? 5 tips for parenting and school success with compliments
- 2/3's of employees feel undervalued and are considering leaving, yet managers overlook this practice; 5 tips to praise employees
- How to give true compliments versus a come-on, backhanded or brown-nosing; 5 tips for giving the most meaningful compliments
- Why are we bad at accepting a compliment? 4 tips to improve this to boost your career, relationships and self-confidence
- Facebook or Twitter: Best compliments for a man or a woman; Best compliment ever got; Share a compliment for someone and why



Monica Strobel, America's Complimentologist

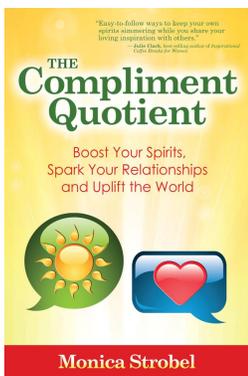
is an author, professional speaker, coach and founder of the International Positive Focus Success Institute. Her insightful leadership on compliments and appreciation benefits careers, workplaces, parenting, and relationships, and our own happiness and well-being.

From Denver, Colorado, Strobel created the SPARK leadership system based on 25 years' career and expertise in nonprofits, small business, government and volunteering.

"The Compliment Quotient has turned me on to the power of compliments and enhanced my relationships, my parenting and even my business success. Monica's 'complimentology' techniques transform turbulence and tempers into triumph and ta-da."

Lisa Tener, author, coach, The Ultimate Guide to Transforming Anger

Sampling of media appearances:



monica@complimentquotient.com
www.complimentquotient.com
twitter @complimentology
Positivefocussuccess.com/media

Wise Roads Press an imprint Wyatt-MacKenzie Publishing | \$14.95 |
Amazon Barnes and Noble

Additional Media Contact: Mariko Drouin
mariko@firedupcommunications.com
630-306-3435

