



# Marriage is like BEING ON A DIET –

*you have to stick with it to make any progress.*

**This divorce lawyer and former critical care nurse will explain how to do it!**

**Nancy Perpall** *author, speaker*

Nancy Perpall is a former critical care nurse who used **conflict resolution to get her patients the best care**. As a practicing divorce attorney for the last 30 years, she's used **conflict resolution** to get her clients the best results. As a former Chair of The Supreme Court of Pennsylvania's Domestic Relations Rules Committee, she championed rules to promote **conflict resolution** through mediation as an alternative to litigation.

Nancy's upcoming how-to book, *The Malnourished Marriage – 5 Essential Emotional Nutrients for a Healthy Relationship*, is a conflict resolution buffet of food for thought to help couples bilge a diet of discontent and feed their hunger for love. Nancy's novel, *Around Which All Things Bend*, is a story about relationships and how far we're willing to bend for love.

## Story Ideas:

■ **The 5 Essential Emotional Nutrients every relationship needs to be healthy** – Learn how applying a diet metaphor to your relationship is the recipe for happiness.

■ **Kids of the self-absorbed** – How a parent's distraction in distraught relationships can cause narcissistic wounding in a child.

■ **What can human resources do when an employee going through a divorce acts like human remains** – 5 ways companies can plug productivity drain by helping their employees cope with "divorce distraction."

■ **How post-partum depression in men fizzles a frazzled marriage** – Find out what recent medical research has discovered about new fathers and the feelings they're hiding.

■ **Insanity is inherited .... you can get it from your children** - How to avoid child rearing conflicts from driving you crazy.

■ **Why chemistry is not compatibility** – How to discuss sexual compatibility using the three F's: feelings, frequency, and fantasy.

■ **Kids are not the answer to an unhappy marriage** – Hear a divorce attorney's perspective on how children can cause more angst than ardor.

LEHIGH VALLEY'S NEWSPAPER  
**THE MORNING CALL**



**Contact Nancy:** AVAILABILITY: Sarasota and Tampa FL or nationwide by arrangement

ZOOM, or 610.360.9822

WEBSITE: [nancyperpall.com/](http://nancyperpall.com/)

EMAIL: [nap@nancyperpall.com](mailto:nap@nancyperpall.com)