

Millions of Women Will Ruin Their Valentine's Day--and Maybe Even their Relationship

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"Women all over the country are making a terrible mistake in their relationships," says Andrea Rains Waggener, author of *Alternate Beauty* (Bantam 2005), a novel about a woman who wakes up in a universe where fat is considered beautiful. A full description of the book, which features a main character who makes that mistake that many women make and an excerpt can be found at Andrea's website, www.waggener-books.com. "They're pushing away love. They're rejecting their boyfriend or husband's adoration. I used to think it was only me who did this, but I've talked to a number of men who are getting fed up because their wives or girlfriends are doing it too."

"I hate it when my wife does that," one man said to Andrea when they were discussing the relationship-sabotaging thing that women do. "It drives me crazy," another man said. Yet another man told Andrea, "It used to be cute, but now it actually kind of makes me mad."

Does a woman who finally finds a man to love and adore her really want to drive a man crazy (in a bad way) or make him mad? Of course not. So why does she? "Because she doesn't accept herself the way she is," Andrea, who shares her own experience with pushing away love at her website, www.waggener-books.com, which provides books, articles, and other resources to help people live an up beat and happy life. "Women spend so much time worrying about whether they're thin enough or curvy enough or firm enough or otherwise 'good' enough, that they miss out on a lot of love that their husbands or boyfriends would be happy to shower on them if they'd allow it."

Andrea has discovered what all women need to know in order to avoid ruining romantic occasions like Valentine's Day, or worse, ruining the relationship entirely:

- How to finally accept themselves, at any size
- What men really want from them
- The most important change they need to make in order to have a close, loving relationship

Contact Andrea Rains Waggener at (360) 581-4085 or e-mail her at theupbeat@coastaccess.com for more insights into this topic. Andrea has been featured in *Fitness*, *Shape*, and *Diane* magazines. She's been a guest on Pacific Northwest TV's *Northwest Afternoon* and *Being In Seattle*, as well as on several radio talk shows. More information about Andrea's books and articles, along with Andrea's inspiring blog, can be found at www.waggener-books.com.

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