



Book Press Release

LOVE SMART, LOVE INDEPENDENTLY: A Guide to Becoming a High-Valued Independent Millennial Woman by Lisa K. Stephenson

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The Return of the High-Valued Woman...

ABOUT THE BOOK: “Now, more than ever the independent woman is finding herself single, settling or simply put, tolerating bullshit,” writes Indie Author Lisa K. Stephenson in **LOVE SMART, LOVE INDEPENDENTLY** (List Price; \$27.00; On sale August 24, 2019). With this new book, Stephenson is igniting a bold and urgent conversation about millennial men and women failing in their relationships. During recent studies, Stephenson learned that boomers and millennials have a lot to offer, and can learn from one another. As such **LOVE SMART, LOVE INDEPENDENTLY** teaches millennials how to repurpose a lifetime of experience and wisdom both learned and practiced by our elders to stay not just in long-lasting relationships, but to help bridge the gap between working woman and nurturing wife.

In 2015, Stephenson experienced her first heartbreak leading her to lose 35 lbs in four weeks, combat depression and build a defense mechanism against the opposite sex—once a fool, she is no longer. Just when she thought she had found the love of her life, she becomes co-dependent, unable to realize how toxic her current union was, later learning that in order for her to move on, she had to be given no other choice. Today she says this is unacceptable and encourages women to reclaim their power, therefore loving smarter.

One year later, Stephenson was still emotionally stuck, never truly realizing the negative impact this toxic relationship had on her, she turned to her first love, writing. Relationship blogs derived from her readings, experience and new found knowledge of relationships and not just any relationship—urban relationships. Stephenson now taking into account the struggles of African-American women and how their struggles vastly differ than that of other races when entering into the dating pool.

On one hand, Stephenson wanted to mentor these young women who she was hearing from in direct response to her blogs telling her their chilling stories, from dealing with infidelity to domestic abuse and sometimes, knowingly settling for second place in a man's life. Much of which were due to several instances: unemployment, lack of education, children or a feeling of low self-worth. Much of which Stephenson too, had once experienced. In **LOVE STRONG, LOVE INDEPENDENTLY**, Stephenson shares these experiences, toxic memories in depth, offering a playbook on how to marry wisdom and experience with love and independence, a new mode and a willingness to evolve not only as a species but as wives, mothers, and educators—all hallmarks of what she calls the “The Independent Millennial Woman.”

The fact is, “The Independent Millennial Woman” is not a woman who takes pride in being alone, or exuding masculine energy, in fact, she possesses a set of invaluable skills—high emotional intelligence, good judgment, specialized knowledge, and a vast network of possibilities. Stephenson tackles the hard truth that women are losing their power in relationships, women are no longer leaving relationships and African-American women are more likely to suffer from low self-esteem which in turn leads them to remain in unhealthy relationships for validation purposes.

Whether you've been forced to leave a relationship due to infidelity and not being chosen in the end, or you are new to the dating scene, or are currently in a relationship where you feel powerless **LOVE SMART, LOVE INDEPENDENTLY** will help you on your path toward leading a healthier lifestyle with a partner who is deserving of both your love and loyalty.

ABOUT THE AUTHOR

Ms. Stephenson is a native of The Bronx, New York. As the daughter of a single parent and from a family immersed in African-American studies, she determined early on that education, independence and equal justice were important for all women and men of color. Her educational development began as a student at Monroe College of New Rochelle where she earned her Bachelor of Science degree in Criminal Justice with honors. Lisa is now an author, motivational speaker, entrepreneur and philanthropist. Lisa has begun conducting workshops, seminars and hosting podcasts where she delivers a powerful message to women: *How to Have it All; Independence and Healthy Intimacy*. Along with managing her own company and organization, Lisa works as a full-time Post Sales Section Lead at a Foreclosing Attorney's Office in New Rochelle, NY.

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