

SETTLE
for
MORE

official media kit

SETTLE *for* MORE

MEDIA KIT TABLE OF CONTENTS

Overview of <i>Settle For More: You Can Have the Relationship You Always Wanted...Guaranteed!</i>	1
Five Myths of Relationships	4
Biography: Thomas S. Merrill, Ph.D., ABPP	5
Biography: Bobbie Sandoz-Merrill, MSW	6

CONTACT INFO

Piia Aarma at Pineapple Tweed 808.737.1904 or 808.221.2102
piia@pineappletweed.com

Leela Bilmes Goldstein at Pineapple Tweed, 808.255-3666
leela@pinappletweed.com

Would you bet your life on something that has less than a 50% chance of success? How about less than a 7% chance for happiness? The statistics clearly tell us that when you marry, these are your odds. They also tell us that interventions rarely help or change the outcome. But now The Merrill Model offers you a new way to turn the tables on these odds and guarantee your success.

SETTLE FOR MORE

You *Can* Have the Relationship You Always Wanted...Guaranteed!

Settle For More: You Can Have the Relationship You Always Wanted...Guaranteed! reveals how, in spite of the statistics, we can establish and maintain lasting and loving relationships of unlimited possibilities. It is based on the personal and professional experiences of the co-authors, two highly credentialed therapists who reconnected, fell in love and married many years after their first adolescent encounter and brief youthful crush.

In their desire to preserve the intensity of the love they had found, rather than allow it to fade and end in divorce as they had both previously experienced, they uncovered some powerful relationship secrets. They later found these secrets to be applicable to others who also want to experience a fulfilling partnership.

In addition to their personal discovery, the Merrills bring us the benefit of their extensive knowledge and research, as well as their own experience as therapists and seminar and community leaders who have helped thousands of couples.

Dr. Tom Merrill is a past president of the Hawaii Psychological Association, chaired Hawaii's state Psychology Licensing Board and is among the select psychologists elected to the National Academies of Practice as a distinguished practitioner in psychology. Bobbie Sandoz-Merrill is an internationally recognized author, award-winning columnist, and received an award from the Hawaii Chapter of Women in Communications. The Merrills also co-write a nationally published relationship column for The New York Times/Cox News List.

In Settle For More, The Merrills...

- Expose how the way we culturally view and conduct relationships is the primary cause for over 50 percent of marriages ending in divorce and why 93% of those who stick it out are doing so unhappily in lump-along alliances.

- Demonstrate why it is such a serious error to assume marriage is “hard work” as commonly promoted and how it can easily feel as light and playful as it did during courtship.
- Show why it is not natural, as most therapists suggest, for love to fade or romance to die following the first blush of attraction and intensity of pleasure felt in each other’s presence during courtship.
- Demonstrate why fighting is not healthy for your marriage as often purported but instead causes a serious breakdown in the positive feelings initially felt between partners.
- Reveal why marriage does not require the restrictions and losses of compromise as taught by experts, while showing you easy alternatives to this dangerous way of interacting with your life partners.
- Return hope for those still dreaming of joyful partnership by dismantling these cultural myths about relationships, showing you why the well-meaning efforts of highly qualified therapists can’t help, and then unveiling a Model so effective, yet simple that you will wonder why you didn’t think of it.

“We know that clearly articulating the relationship we desire, and then holding ourselves to that declaration is the only way to guarantee being in the relationship we want. There are 15 elements that make up our personal declaration and serve as our touchstone and relationship template. Thus, if we want to be in a loving, kind and honoring relationship, everything we do should be loving, kind and honoring of each other. Our 15 components clearly state what we want and stand for – but only by holding ourselves to them can our relationship and lives work.” – *The Merrills*

The Merrills tell us why...

- We can't get the relationship we want by coaching our partners on how to improve their behavior or scolding them when they fail to change.
- It's not what we do but who we are that counts, which is why it's up to us to be the first to raise the bar on our own standard of desired behavior.
- It's our responsibility to then direct ourselves to become the qualities we want to experience in our partnerships.

“During courtship we each contribute to a kind and caring interaction between us that results in a shared experience of a wonderful relationship, notes Bobbie Merrill. “However, following marriage, the majority of couples

embark on a systematic process of dismantling most of the components that went into building that experience," adds Dr. Merrill. The Merrills feel it's imperative that all of these more careless post-courtship interactions return to our originally loving, kind, and honoring "courtship" attitudes and behaviors.

The Merrills bring an entirely new understanding of partnership to the table with their original and unique Model of Relationships. And anytime this Model is applied, it quickly, easily and dramatically transforms all human interactions from competitive to cooperative, from adversarial to assistive, and from defensive to cooperative and communicative. According to the Merrills, "The success of this Model is mind-blowing....even to us!"

Endorsements

"It's time marriage has a new belief system...here it is. It is dedicated to making love work."
— **MARK VICTOR HANSEN**, Co-creator, #1 *New York Times* best-selling series *Chicken Soup for the Soul*,[®]
Co-author, *The One Minute Millionaire*

"SETTLE FOR MORE is an inspired book and I cannot overstate the value of it for anyone who wants to be in a successful relationship. It is a must read for all who seek to achieve this goal."
— **DR. ROBERT SCHULLER**, Crystal Cathedral Ministries "*Hour of Power*"

"This book is a must-reading for everyone who is married, divorced, or contemplating marriage, as well as for professional marriage counselors who want to greatly improve their skills"
— **NICHOLAS A. CUMMINGS, PH.D., Sc.D.**, Distinguished Professor, University of Nevada, Reno; President, Cummings Foundation for Behavioral Health, & former President, American Psychological Association

"An Insightful perspective on human relationships that goes far beyond today's chaotic television 'free-for-alls.' One CAN have a more satisfying and rewarding life..." — **PAT DE LEON**, former APA President

PUBLICATION DATA

Settle For More: You Can Have The Relationship You Always Wanted...
Guaranteed! by Tom Merrill, Ph.D., ABPP and Bobbie Sandoz-Merrill, MSW;
Published by Select Books, April 4, 2005; 224 pages, \$19.95; Cloth, ISBN: 1-59079-069-3

CONTACT

Piia Aarma at Pineapple Tweed 808.737.1904 or 808.221.2102
or Leela Bilmes Goldstein at Pineapple Tweed, 808.255-3666
piia@pineappletweed.com or leela@pinappletweed.com

SETTLE FOR MORE MEDIA KIT

FIVE MYTHS OF RELATIONSHIPS

Myth 1

Marriage Is Hard Work

Marriage need not be any harder than courtship, which is often identified as one of the happiest times of a person's life.

Myth 2

Marriage Has Its Ups and Downs

Why? Marriage can and should always go up, and there is absolutely no reason for it to ever go down.

Myth 3

Marriage Requires Compromise

Compromise assures that nobody gets what they want, whereas The Third Story is not only more easily obtained, but gets everyone's vote.

Myth 4

Fighting Is Important for the Health of Your Marriage

There is never any excuse for fighting. All opinions can be politely, even lovingly delivered.

Myth 5

It's Natural for Romance to Fade

Being in love is a wonderful state, so why kill it with a rapid decline in civility the moment wedding vows are said?

THOMAS S. MERRILL, PH.D., ABPP

Diplomate in Clinical Psychology

Biography

Tom Merrill, Ph.D., ABPP, is a community leader, author, consultant, and professional speaker with a full-time clinical and forensic private practice centering on marital and family therapy.

Merrill, who is past president of the Hawaii Psychological Association and past Chairman of the State Psychology Licensing Board, is a Board Certified Clinical Psychologist licensed to practice in Louisiana, Mississippi, and Hawaii. In his role as a forensic psychologist he has served as an expert witness in state and federal courts, testified in capital murder cases and advised the U.S. Dept. of Justice on conditions of confinement, assessment and treatment of incarcerated adolescents.

He has co-authored, ***Settle For More: You Can Have The Relationship You Always Wanted...Guaranteed!*** with his professional and life partner Bobbie Sandoz-Merrill, an experienced relationship therapist and parenting expert. They met each other in childhood and following a brief youthful crush, took different paths in building their lives. After they each had lengthy marriages end, they met again and have melded their lives into a powerful and fulfilling relationship. The secret to this relationship's success is shared in their new book. They also co-write a nationally published syndicated relationship column, Solving The Relationship Puzzle for The New York Times/Cox News.

Merrill is one of a select number of psychologists elected to the National Academies of Practice as a Distinguished Practitioner in Psychology. Among his other career accomplishments, he co-developed *Kids First*, a program for Family Court designed to reduce the detrimental effects experienced by children during the divorce process. He also created and served as Chairman of the Hawaii Mental Health Center, Inc., a system to deliver pro-bono mental health services to families in need.

He received his Ph.D. from the University of Texas at Austin, earned his M.Ed. in counseling psychology from the University of Hawaii, and a B.A. from the University of Colorado, Boulder. He served as affiliate faculty for 10 years with the American Schools of Professional Psychology-Hawaii Campus and as an Adjunct Professor in clinical psychology at the University of Hawaii.

Merrill has been published in various trade publications and professional journals, including the American Psychological Association's *Professional Psychology: Research and Practice*. He frequently presents workshops, seminars and trainings on relationships, divorce, and the impact of divorce on children.

Prior to his career in psychology, Merrill was the senior vice president of Hawaii's largest advertising agency. He is also a musician of note who plays guitar and blue grass 5-string banjo, sings and has written and published in the folk domain.

The father of three daughters, four granddaughters, a stepdaughter and stepson, and three step-grandsons, he resides with his wife, Bobbie, in Hawaii. For more information, please consult www.TomMerrill.com.

BOBBIE SANDOZ-MERRILL, MSW

Post Graduate Credential in Education

Biography

Bobbie Sandoz-Merrill, MSW, is a community leader with a diverse career that includes an active counseling and consulting practice. She is a nationally known parenting and school consultant and an internationally recognized author, award-winning newspaper columnist, school co-founder, and professional speaker. Bobbie also spent a decade of swimming with wild dolphins and whales in the open ocean throughout the world to gather research for one of her books.

Her newest book, ***Settle For More: You Can Have The Relationship You Always Wanted... Guaranteed!*** is co-authored with her professional and life partner, Dr. Tom Merrill, a prominent psychologist and community leader. The secret to their relationship's success is shared in their new book.

Bobbie's other books include the highly acclaimed *Parachutes For Parents*, and *In the Presence of High Beings, What Dolphins Want You to Know*, previously titled *Listening to Wild Dolphins*, published in 5 languages. She received positive reviews for both books from major publications, including *The LA Times*, *Publishers Weekly*, *Dallas Morning News*, *McCall's*, *Ladies Home Journal*, and *Bottom Line Personal*. Both books also enjoyed long-standing positions on the Amazon.com list of top-selling books.

She was an award-winning columnist for seven years with *The Honolulu-Advertiser*, and she and her husband now co-write a nationally published relationship column, *Solving The Relationship Puzzle* for *The New York Times/Cox News*.

Bobbie is a co-founder of Unity School of Hawaii, which is known for keeping the joy of learning and the spirit of children alive while teaching them appropriately kind social behavior and high-level living and thinking skills. She is also the founder and president of *New Visions in Education* established for the purpose of developing an International Demonstration Center for training others in this approach to education.

In addition, Bobbie is a past board member of the education council of Deepak Chopra's International Academy of Mind-Body-Spirit, a founding board member of HUGS of Hawaii, and a past vice-chair of the Child Development Center of Hawaii. She received the Hawaii Headliner Award from Women in Communication for her achievements in that field.

Bobbie has a master's degree in clinical social work with a specialization in child development as well as a two-year graduate level credential in education. She earned a BA in English and Psychology in the United States and a Certificate of Foreign Study from the Institute for American Universities affiliated with the University of Aix-Marseilles, France. She further received advanced training in the trauma treatment techniques of EMDR (Eye Movement Desensitization and Reprocessing), TFT (Thought Field Therapy), and EFT (Emotional Freedom Technique).

The mother of a son and daughter, three grandsons, three stepdaughters and four step-granddaughters, she resides with her husband, Tom, in their birthplace of Hawaii. For more information, please consult: www.bobbiesandoz-merrill.com.