

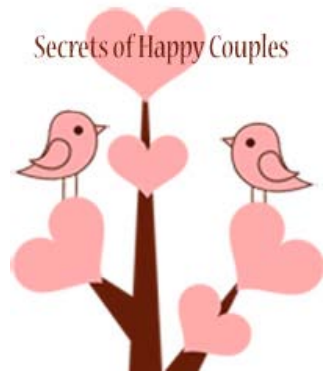
"...well-written, easy-to-read book that is very useful for couples with relationship problems." —Carleen Glasser, co-author of *Eight Lessons for a Happier Marriage* and *Getting Together and Staying Together*

# Secrets of Happy Couples

LOVING YOURSELF, YOUR PARTNER, AND YOUR LIFE



KIM OLVER



Contact Info: Kim Olver  
Phone: (708) 957-6047  
email: [Kim@KimOlver.com](mailto:Kim@KimOlver.com)

***Secrets of Happy Couples:  
Loving Yourself, Your Partner, and Your Life  
by Kim Olver***

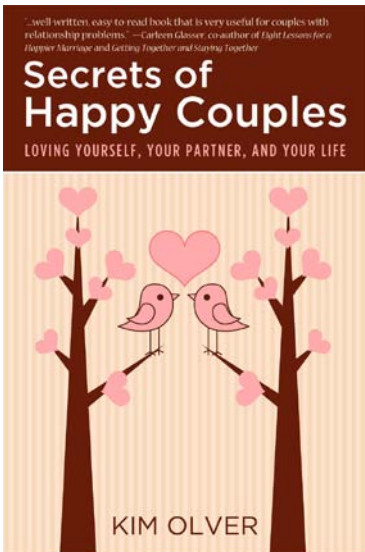
**MEDIA KIT**

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**InsideOut Press**  
P.O. Box 2666  
Country Club Hills, IL 60478  
(708) 957-6047 Fax: (708) 957-8028  
[www.OutOfPress.com](http://www.OutOfPress.com)  
Email: [Denise@OutOfPress.com](mailto:Denise@OutOfPress.com)



Publication Information for Kim Olver  
***Secrets of Happy Couples:  
Loving Yourself, Your Partner, and Your Life***

**Publisher Contact:** Denise Daub, Inside Out Press  
(708) 957-6047  
[Denise@OutOfPress.com](mailto:Denise@OutOfPress.com)

**Featured Author:** Kim Olver

**Featured Title:** Secrets of Happy Couples: Loving Yourself, Your Partner, and Your Life

**ISBN:** # 978-0-9827549-0-0 (Softbound)

**CIP/LCCN:** 1. Couples--Psychology. 2. Interpersonal relations. I. Title.  
HQ801.O48 2010  
646.7'8--dc22  
2010024023

**Date of Publication:** February 1, 2011

**Title Status:** Active Record

Secrets of Happy Couples: Loving Yourself, Your Partner, and Your Life by Kim Olver  
Inside Out Press - ISBN# 978-0-9827549-0-0

**Publisher:** Inside Out Press  
P.O. Box 2666  
Country Club Hills, IL 60478  
(708) 957-6047 Fax: (708) 957-8028

**List Price:** \$19.95 6x9

**Number of Pages:** 248

**Number of Illustrations:** 3

**Subject of the Title:** Self-Help / Relationships

**Index on Page:** 228

**Book Description:**

Kim Olver surveyed 100 couples who have been together at least 10 years and are both happy and satisfied with their relationship. It wasn't surprising to learn how they employ Dr. Glasser's Caring Habits in their relationship and have discovered the secret of appreciating their partner instead of trying to change him or her.

This book examines the Relationship Cycle from the Alone Stage to the Getting Together Stage to the Compatibility Stage and finally the Maintenance Stage. And since it is a cycle, at least half of us will return to the Alone Stage either by death, divorce or decision so *Secrets of Happy Couples* also teaches how to navigate the grief of a lost relationship.

**Author's Biography:**

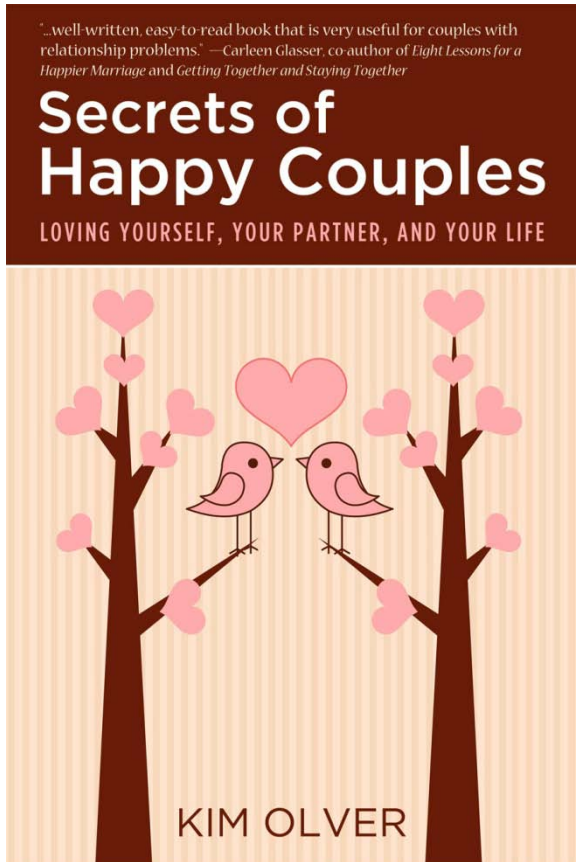
**Kim Olver** is a licensed professional counselor, life coach, founder of Coaching for Excellence LLC, and creator of the InsideOut Empowerment process. She spent two years compiling the research and survey data for *Secrets of Happy Couples*. For more than two decades she has helped clients get along better with the important people in their lives—including themselves—at home and at work.

**Target Market:** Adult Education – 16 years and up

A copy of your review to the address below will be appreciated.

**InsideOut Press**  
Reviewer Relations Department  
PO Box 2666  
Country Club Hills, IL 60478 USA  
Tel: 708-957-6047  
[denise@insideoutpress.com](mailto:denise@insideoutpress.com)  
<http://www.insideoutpress.com>

## All Great Relationships Begin and End with Yourself



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You'll discover:

- Exclusive insights and suggestions gained by surveying happy couples
- Practical advice from a range of experts synthesized into learnable lessons

- Tips for identifying problems and what to do about them
- A 3-step process you've never heard before for surviving affairs
- The power of moving beyond “tolerating” differences to truly appreciating them
- How to meet your partner's needs and your own at the same time

**KIM OLVER** is a licensed professional counselor, life coach, founder of Coaching for Excellence LLC, and creator of the InsideOut Empowerment process. She spent two years compiling the research and survey data for *Secrets of Happy Couples*. For more than two decades she has helped clients get along better with the important people in their lives—including themselves—at home and at work.



Contact Info: Kim Olver  
Phone: (708) 957-6047  
email: [Kim@KimOlver.com](mailto:Kim@KimOlver.com)

## About Kim Olver

Kim Olver is an internationally acclaimed transformational leader. She has inspired thousands of people around the globe to apply the principles of ***InsideOut Empowerment***.

In 1987, Kim began her journey in Reality Therapy by taking a Basic Intensive Training with Dr. Nancy Buck, a certified William Glasser Institute Instructor. Dr. Buck inspired her to follow a similar path. In 1992, Kim became certified in Reality Therapy and in 1993, she also became an approved instructor for the William Glasser Institute. As such, over the years she has trained thousands in reality therapy and Choice Theory. Since that time, she has developed her own process called ***Inside Out Empowerment***. Naturally, this process has its roots in Dr. Glasser's foundational teachings and goes beyond reality therapy to delve into the subconscious sabotage we often engage in as we near reaching our deepest dreams.

Kim got her counseling degree at the University of Scranton in 1996 and is a licensed clinical professional counselor, as well as a nationally certified counselor. Kim worked over 20 years in the field of social service, the majority of that time spent working with specialized foster children and their families.

In 1999, Kim's husband of 16 years died of leukemia, leaving her with two teenage boys to raise. This was a pivotal point in her life. She decided to take the principles she had been teaching and fully apply them to her own life to help manage the grief and to become an effective single parent.

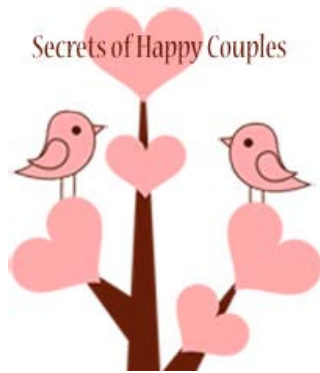
In 2004, Kim moved to Chicago and began her own coaching, training and consulting business where her mission is to help people get along better with the important people in their lives at home and at work. She works with couples, parents, individuals looking for self-growth and businesses who understand the importance of quality relationships. When our important relationships are functioning smoothly, then other things seem to almost take care of themselves. Kim's first book, *Leveraging Diversity at Work*, was written to help people understand any problems people have connecting and understanding each other begin within oneself.

***InsideOut Empowerment*** stresses two major concepts:

- The only person's behavior you can control is your own
- Whenever you are experiencing conflict or struggle, the best place to find the solution is through changing something you can control—either your thoughts or actions.

This book, *Secrets of Happy Couples*, was written to help people in committed relationships find happiness within themselves and with each other. It is the second in the *InsideOut Empowerment* Series.





Contact Info: Kim Olver  
Phone: (708) 957-6047  
email: [Kim@KimOlver.com](mailto:Kim@KimOlver.com)

## What are Kim's Peers Saying

*"If you wonder what it takes to be happy as a couple, this book is for you. Kim uses real life stories, survey data, and practical skills; all of which point to success. Olver is breaking exciting new ground."*  
**Gary Chapman, Ph.D.** author of *The Five Love Languages* and *Love As a Way of Life*

*"Secrets of Happy Couples provides a complete guide to relationships, starting before you are in one, taking you through the getting together, compatibility and maintenance stages while ending with how to manage the grief of a relationship ending, whether it be through death, divorce or a personal decision to separate. It's brilliant. Olver provides a road map for success at any stage."*  
**Gina Mollicone-Long**, International Best-Selling Author of *Think or Sink*

*"If there ever was such a thing as a 'relationship training manual', this is it. This book is a "must-read" for all single and coupled men and women everywhere who desire a deeply connected and joyous loving relationship. Not only does Olver present real research on what actually works in relationships from the 100 happy couples she surveyed, but she writes in a compassionate, clear and engaging style. Once you start reading this book, you won't want to put it down!"*

**Dr. Karen Kan** - Author of *Creating Your Fairytale Love Life: Harness the Law of Attraction to Manifest Your Dream Partner*

*"Kim Olver put together a great resource utilizing the expertise of some of the top relationship experts to help you attract and keep a healthy relationship. The most important element is that happy relationships start with you and she takes you through the process of discovering the key inside to transforming your relationship experience."*

**Debra Berndt**, America's Love Expert & Author of *LET LOVE IN: Open Your Heart & Mind to Attract Your Ideal Partner* (J. Wiley & Sons)

*"Secrets Of Happy Couples is a delightful and powerful new book and a must read for anyone wanting to improve the relationship with their partner or spouse. It will prove to be a necessary tool for us, who as therapists, work to help our clients create happier relationships. This is a book I will recommend to all my clients."*

**Don Childers**, LCSW, LMHC, Private Practice, Indianapolis, In.

*“Secrets of Happy Couples is rich with information for how to take responsibility for your own happiness and the happiness you derive from your relationship. The combination of Kim Olver's vast experience and the real life couples she interviewed gives the reader practical advice on relationship subjects you may not have considered before. The extra good news is that whether you are currently in a relationship or single, this book answers the hearts' questions in such a way that your current or next relationship will benefit! “*

**Sarah Elizabeth Malinak**, co-author of *Getting Back to Love: When the Pushing and Pulling Threaten to Tear You Apart*

*“Secrets of Happy Couples has all we need to know about having successful intimate relationships. Simple, down to earth information will help any couple improve their lives. Kim possesses obvious deep insight into human nature that we can all benefit from. One could continue to find value in this book in all stages of life.”*

**Krisanna Jeffery**, Author of *The Great Sex For Life Toolkit*

*"It's true, what you focus your attention on grows. In Secrets of Happy Couples, Kim Olver does a superb job of helping you identify the most important things to focus on if you want to create and maintain a happy, healthy relationship. We especially enjoyed how she clearly organizes her practical advice into a step-by-step plan for success as a couple. She succeeds admirably at making sure you ask the important questions before and during the relationship, and even more importantly, helping you come up with authentic answers along the way."*

**Beth Banning and Neill Gibson**, developers of The Art of Conscious Connection seminars and authors of the forthcoming book, *The Power of WE!*

*“A very insightful, comprehensive and uplifting guide. Highly recommended. Ms.Olver addresses all the most pressing issues of couples today.”*

**Dr. LeslieBeth Wish, Ed.D.**, [www.lovevictory.com](http://www.lovevictory.com) and columnist, "Relationship Realities," [www.qualityhealth.com](http://www.qualityhealth.com)

*“Kim's book is very user friendly, an easy to read guide for singles and couples to learn the in's and out's of having a successful and satisfying relationship. She takes leading experts' philosophies and put's them into an easy to understand language for everyday couples.”*

**Dana Vince, LMHC** - [danavince@healingheartscounseling.org](mailto:danavince@healingheartscounseling.org)

*"Kim's book shows real insight into the challenges many couples face and she provides a fresh approach in how to respond effectively to these problems. I have already found some of her ideas valuable as a counselor and can highly recommend this book for both couples and counselors.”*

**Sandra Haynes**, counselor and member of the Counseling Association of South Australia

*“Kim Olver has written a delightful book on relationships. She shows a fresh take on relationships and problems. She applies a new rule borrowed from business about abandoning the Golden Rule and instead applying the Platinum Rule: Treat people the way that they want to be treated. If we could just incorporate the Platinum Rule in our relationships, conflicts would disappear. Kim wisely counsels couples to really get to know one another and further to spend time in introspection and get help for past mistakes made in previous relationships before entering new ones. I recommend it highly for good*



*relationships and even more for relationships having struggles.”*

**John Wilder**, marriage, relationship and sexual coach

*“...well-written, easy-to-read book that is very useful for couples with relationship problems.”*

**Carleen Glasser**, co-author of *Eight Lessons for a Happier Marriage and Getting Together and Staying Together*

*“Jam-packed with ideas, tips and strategies to improve and maintain the love of your life. Anyone who wants to develop and maintain loving relationships needs to read this book.”*

**Dr. Nancy S. Buck**, author of *Peaceful Parenting and Why Do Kids Act That Way?*

*“Secrets of Happy Couples does a great job of summarizing everything that I've ever read on relationships—and in addition includes Olver's unique insights. I keep thinking, as I'm reading, Wow! When I'm in a relationship I'll want to go over this chapter with my partner.”*

**Despina Gurlides**, author of *Not a Guru: One Woman's Spiritual Journey to Happiness*.

*“I found this book to be a refreshing look at the elements of successful couples through the eyes of the couples themselves. The variety of stories and first hand examples provided the personal touch that made it especially appealing to me. I think readers will be able to see themselves and find room for improvement regardless of the type relationship they are in.”*

**Marcus Gentry**, author of *101 Ponderables*

*“Kim Olver, in her book Secrets of Happy Couples, brings a hopeful perspective as one experiences the loss of a loved one, through death, divorce or a break-up. She takes the reader into a journey of empowerment as she suggests we have choices in how we respond to the loss. In life, we may experience a loss of a loved one that we may not understand or that leaves us in total despair. It is when we experience grief. Although this is a normal and necessary process, Kim reminds us that we still have choices, and these are: Leave It, Change It or accept It. Kim makes us aware, above all, that despite any loss, we are capable of finding new possibilities in our lives.”*

**Ligia M. Houben, MA, CG-C, CPC**

*“Kim writes in an easy to read, conversational tone that I found quite engaging, as if she were speaking just to me. I have been an avid fan of Dr. William Glasser's Choice Theory, having taught it to my clients for many years, and I was thrilled with the way Kim expanded upon the Destructive and Caring Relationship Habits. This is a book that the reader can open to any page and find a gem there. I would definitely recommend Secrets of Happy Couples to my clients and to anyone who wants to create a successful and happy relationship.”*

**Michelle E. Vásquez, MS, LPC, Relationship Coach**

# AllBooks Review

**Barbara Watkins**

Genre: Self-help

Title: Secrets of Happy Couples

Author: Kim Olver

Secrets of Happy Couples by, 'Kim Oliver' gives an enlightening look into the many challenges and obstacles that couples face everyday. The author gives down to earth advice on how to approach such challenges with new and fresh ideas. This book reminds us that as a couple in a relationship we want our bonds to last indefinitely. However, nothing lasts forever. Relationships lost due to divorce – death, or for whatever the reason may be, have a profound effect on our psyche. When you read 'Secrets of Happy Couples', you will delve into this delicate subject and many more.

The book begins by describing the relationship cycles – 'The Alone Stage' – 'The Getting Together Stage' – 'The Compatibility Stage' and 'The Maintenance Stage.' As a reader, I found this to be quite informative and motivating. I know that I will use this book as a guide when it comes to my own relationships. Surveying over a hundred couples that have been together at least ten years and are both happy and fulfilled in their relationship, Kim Olver has discovered their secrets and happily shares her findings. As an expert in the field of human relationships, Kim Olver, shares her vast research with the reader in 'Secrets of Happy Couples.' It is the second in the 'Inside Out Empowerment Series.'

**I recommend** this innovating and empowering book to all! Reviewer: Barbara Watkins, Allbooks Review

Publisher: Inside Out Press (1<sup>st</sup> edition)

ISBN# 978-0982754900

Pages: 248

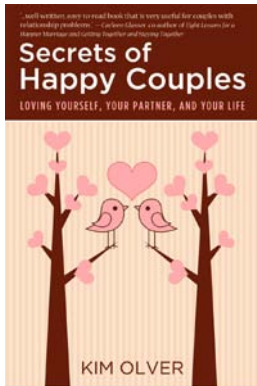
Price: \$19.95

Reviewed: September 19, 2010



## Suggested Interview Questions

1. Tell me about the research you did and how did you find 100 couples to take your survey?
2. What things did happy couples have in common?
3. Tell me about the relationship cycle and moving through the stages.
4. What are the destructive and the healthy relationship habits and why are they so important?
5. What are the five basic needs? Give an example of incompatibility with needs.
6. How does interdependence work in relationships?
7. What do you mean when you say one person in the couple can make the relationship better? How can that work if their partner isn't cooperating?
8. You talk about four roots of jealousy. What are they and what can someone do who is experiencing it?
9. I liked your chapter about proper problem identification. I'd never heard that thinking before. Can you explain it for our listeners?
10. In your book, you mention a 3-step process for surviving an affair. What are those important three steps?
11. How is the Structured Reality Therapy different from most marriage or relationship counseling?
12. You say all physical relationships end. What do you mean by that?



**Book review for *Secrets of Happy Couples: Loving Yourself, Your Partner, and Your Life* by Kim Olver.**

***For Immediate Release:***

Contact: Kim Olver  
(708) 957-6047

*Secrets of Happy Couples* is a complete guide to happy relationships from start to finish. In it, Olver masterfully describes a relationship cycle that begins and ends alone. In the “Alone” stage, she has tips for people who are in between relationships on how to become the person who will attract the person of their dreams into their life. She writes about getting to know and like yourself before connecting with someone in a relationship. There are quizzes and exercises to help people understand what they need and want in a relationship with a significant other.

After that, she moves into the “Getting Together” stage where she discusses where and how to meet people who might interest you. The next stage is the “Compatibility” stage where dating couples are determining if they have what it takes to move their relationship to a commitment level. There are over 100 potential questions to ask in determining your compatibility. The next stage is the “Maintenance” stage. Olver describes how many people stop at acquiring the relationship, without putting much thought and effort into maintaining the relationship. She devotes several chapters to skills to use to strengthen a relationship and to keep the love, romance and sex alive.

She teaches couples a 3-step process for surviving an affair. She has tips for overcoming jealousy. There is a chapter on not only accepting differences, but on how to actually appreciate differences in your partner. There are tips on effective communication, disagreeing respectfully, and learning a negotiation process that creates a win/win/win—where you win, your partner wins and your relationship is strengthened by going through the process.

Olver ends the book back at the “Alone” stage of the Relationship Cycle. All relationships will end, unless you both die together. There will be a death, divorce, or personal decision that separates you. How does one survive the grief and loss of a most important relationship? Olver has been through it herself and has the answers.

This book takes you through relationships from A – Z. There is something for everyone.

[www.SecretsofHappyCouples.com](http://www.SecretsofHappyCouples.com)  
[Kim@KimOlver.com](mailto:Kim@KimOlver.com)  
(708) 957-6047

Kim Olver



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"This book opens doors to places we all want to go, but to where so few of us actually arrive.  
An inspiring, yet down to earth review of the key components of relationship satisfaction."  
—CARLEEN GLASSER, co-author of *Eight Lessons for a Happier Marriage* and *Getting Together and Staying Together*

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