



[For Immediate Release: AUTHOR LISA JEANETTE LAUNCHES ANOTHER BOOK: MEN, ME & THERAPY](#)

*Have you ever wondered just how to win the emotionally battle after heartbreak? How can you just pick up and move on after divorce, separation, abuse or even death? Healing doesn't have to take forever. Especially if you participate in the process.*

*Online PR News* "16-October-2013" Men, Me & Therapy, Lisa assures readers that theres nothing wrong with speaking with a professional counselor to help speed up the healing process. Though some associate counseling with being extreme; Lisa cleverly raises arguments to prove just how sane a person can be by therapys mere definition. Her motto; hurry up and get over it, screams from a sensitive side in this non-fiction, inspirational read. But the cover alone gives audiences a warm fuzzy; I can relate to that, sentiment. Lisa writes about the feelings that accompany rejection and/or abandonment. Her belief is that, in speaking to a licensed Therapist, one can gain control over unhealthy emotions associated with mental anguish before reacting.

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Lisa made her authors debut nearly 2 years ago to date, October, 2011 with Love InDeed: When Loving Others is Hard to do Develop a Love that Goes Beyond You. As a result of her 10 year wedding planning experience, an eBook version of her 2nd project was inspired; When A Plan Comes Together: Tips for Planning Your Next Big Event. Men, Me & Therapy is scheduled for release October 27, 2013, which is also a project that continues in the same vein of building healthy relationships.

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