



## The Black MANual: Less Drama, More Love -- a Single Woman's Guide to Choosing Mr. Right

By Dr Shane K Perrault PhD

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### The Black MANual: Less Drama, More Love -- a Single Woman's Guide to Choosing Mr. Right By Dr Shane K Perrault PhD

When you are an African-American woman, the rules are different. You face a starkly disparate reality than your non-black counterparts. Here are the startling facts: • You are three times more likely to never marry. Almost twice as likely to divorce, if you do. • And significantly more likely to earn the lion's share of your household's income. Whether you are single, divorced or widowed — Dr. Shane Perrault, Ph.D., has learned firsthand that "It is never too late to live happily ever after." Throughout his work as a marital psychologist, he has found one of the key factors in relationship or marital success is choosing the right partner. In this book, you will discover: \* Common mistakes smart women make when choosing for Mr. Right — and How to Avoid them. \* Three stages of healing from infidelity. \* Why is it so hard to date someone with kids? \* When Mr. Rights circumstances make him Mr. Wrong: 13 ways to distinguish game changers from deal breakers You've found Mr. Right, now what? Date, move in, move on, or marriage. Dr. Shane Perrault is the founder of African American Marriage Counseling, where he has provided relationship and marital therapy counseling to hundreds of couples since 2004. He has been featured in Ebony and Essence magazines, the Washington Post; XM Radio, BET and TV One.

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### **Editorial Review**

#### About the Author

Whether you are single, divorced or widowed, and looking for Mr. Right, when you are an African American woman the rules are different! You face a starkly different reality than your non-black counterparts. Nevertheless, Dr. Shane Perrault, PhD (Dr. Shane) has learned “It is never too late to live happily ever after.” He founded African American Marriage Counseling in 2004. In his private practice, he partners with 15 to 25 couples a week to begin developing the skills to hear (and be heard by) each other so they can make peace with the past and move past the pain, and learn to turn towards instead of on each other to overcome life’s challenges and strengthen their families. Throughout this work, he has found one of the key factors in relationship success is choice of partner. To help you make the best choice possible, he shares years of insights from counseling thousands of couples to provide bold strategies about how men and women approach relationships, intimacy and commitment. He also acknowledges and explores how you can overcome cultural and historical hurdles to take advantage of the unique experiences of being a black woman -- emotionally, financially and romantically. Dr. Shane received his doctorate in clinical psychology from the Ohio State University and completed his undergraduate studies at Southern University in Baton Rouge, LA. He has also completed Level I, II and III training in the world-renowned Gottman Marital Therapy Training Institute. He is regularly invited to speak at church retreats, has spoken at the Congressional Black Caucus, blogs for Psychology Today, and is a media favorite who has been featured in Ebony and Essence magazines, the Washington Post and Washington Times, on XM radio, BET and TV One. Dr. Shane has also appeared as a guest expert in movies, including “You Saved Me,” a documentary about marriage in the Black community. In “the Black Manual,” he offers the ultimate guide to help empower you to repel Mr. Wrong and to choose – and keep! – the relationship you want with Mr. Right.

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