

## Press release

### New devotional-style book to help women break the cycles of painful relationships

- *Over 45 practical easy to read applications to help start the healing process*

Author Joanne Robinson has just released a unique new daily devotional entitled 'When loving him means hurting me'. This wisdom-packed book guides like a best friend through 45 subjects covering the ups and downs of relationships. Written from Joanne's own personal and painful life experiences of looking for Mr Right, 'When loving him means hurting me' promises to empower and encourage readers, whether single, married, divorced or bereaved. The practical applications help readers to realise the key heart motives and patterns needed to start the healing process. Copies of the book are now available RRP £10.00 from [www.donnaintera.co.uk](http://www.donnaintera.co.uk) or [www.amazon.co.uk](http://www.amazon.co.uk) (Individual UK orders) or [www.xulonpress.com](http://www.xulonpress.com) (USA orders) or [www.gardeners.com](http://www.gardeners.com) or [www.bertrams.com](http://www.bertrams.com) (UK wholesale).

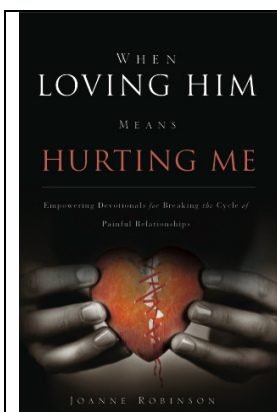
"It was like picking up a letter from a good friend," says broadcaster and writer Fiona Julian. "Whoever we are, we've all know relationship breakdowns and disappointments. Joanne has opened her heart and shared on paper principals and truths that we all need to acknowledge before we can have or maintain the healthy relationships that we long for."

Author Joanne Robinson has created a practical devotional guide dealing with deep and painful issues in a measured and non-confrontational way. Whether she speaks of the pain of an unfaithful partner or the lengths that women go to keep their man, everyone will be able to relate to the underlying cry of the heart.

Joanne explains: "Some of us rely on our status in life or the type of jobs that we hold to determine our worth. Others focus on the amount of wealth they can produce or material things they can acquire. I thought I gained importance by being in a relationship. Having a man around, regardless of how unhealthy the match, made me feel wanted."

Having been through relationship breakdowns and then receiving personal counselling Joanne finally trained as a Counsellor and life skills coach to help empower others and now runs Donna Intera, a relationship counselling and training organisation. For further information and a free editorial copy of 'When loving him means hurting me', contact Joanne on [thebook@donnaintera.co.uk](mailto:thebook@donnaintera.co.uk) or call 01362 690 179

**Ends**



#### Photo caption:

New wisdom-packed daily devotional 'When loving him means hurting me'. Like a best friend the book guides through 45 subjects covering the ups and downs of relationships. Written from author Joanne Robinson's own personal and painful life experiences of looking for Mr Right, 'When loving him is hurting me' promises to empower and encourage readers, whether single, married or divorced. Copies are now available RRP £10.00 from [www.donnaintera.co.uk](http://www.donnaintera.co.uk) or [www.amazon.co.uk](http://www.amazon.co.uk) (UK orders) or [www.xulonpress.com](http://www.xulonpress.com) (USA orders) or [www.gardeners.com](http://www.gardeners.com) or [www.bertrams.com](http://www.bertrams.com) (UK wholesale).

#### Background for editors:

In 2005 author Joanne Robinson established a relationship counselling and training organisation called Donna Intera, an Italian term meaning 'whole woman'. Donna Intera forms the basis of the mission statement, 'whole people make whole relationships'. A whole woman is someone who has reached the stage where she no longer seeks someone in order to feel complete. She is sure about her identity and value, has purpose and direction and lives with a sense of wellbeing. She takes personal responsibility for her happiness and her relationships. She is proactive about building the life she sees for herself and lives one that expresses her real self.

Joanne is a qualified ACC Level 2 Christian Counsellor, Qualified Life Skills Coach, holds a C&G 7303 Teachers Certificate in Adult Learning as well as being a trained facilitator in Career Development (WorkNet, USA) and Obesity Counselling (National Centre for Eating Disorders). She has 7 years experience of facilitating workshops on personal development and career guidance and has facilitated lifeskills coaching groups to men and women recovering from alcohol and drug misuse. She has delivered training to Teenage Parents and women's groups such as: Enfield Women's Fellowship, Naree Shakti, Age Concern, JHP Training, Working Links, The Foyer, Curves, Radiomarathon & KIS Training, various Domestic Violence Centres/Counselling Services for women.