



News release - For immediate release

RELATE CAMBRIDGE WELCOMES NEW GUIDE ON 'HOW TO CHOOSE A PARTNER'

Relate Cambridge may not be so well known for the support it offers to those who are struggling to find a partner. But we know how essential it is for people to think ahead, especially if they have had one or two relationships that have failed in the past. The importance of choosing someone for the right reason is hugely underestimated in the overall health and happiness in a relationship.

This is why Relate was so delighted to learn about a new book, called 'How to Choose a Partner, by their ambassador, Susan Quilliam. As well as including some inspirational quotes, historical references and a review of literature on all things to do with love and relationships, the challenges of modern world - especially internet dating - are also discussed.

All too often people drift into their relationships or choose their partners for reasons that are not clear to them or based on misguided notions. This means that a relationship is far more likely to struggle from the word go, or soon fall into difficulties. This book, with its warm and easy to follow style, offers lots of useful exercises and ideas, such as when it is the right time to be looking for a new partner, how you might work out what is important to you, or even tell if someone is right for you. The book also looks at the crucial question of how to know if a partner is able to be emotionally responsive, and even touches on the pain of not being chosen.

For anyone who is struggling with how to choose a partner and feeling not quite sure which way to turn, this book is an excellent guide. Alternatively, one of the Relate Cambridge relationship counsellors is on hand to offer help and support in this area for those who feel they might need some face to face guidance.

Relate Cambridge offers information, advice and counselling for all stages of your relationships. Call us on 01302 347712 or visit www.relatecambridge.org.uk for more information.

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For all media enquiries contact Elaine Taylor on **01302 347712**
LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>
FOLLOW us on Twitter at <http://www.twitter.com/RelateCambridge>

Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate Cambridge delivered nearly 6,000 sessions last year.
- The following are links to two promotional films made by Relate Cambridge : <http://vimeo.com/92023037> and <http://bit.ly/1NZp4PV> .
- Relate Cambridge celebrated its 70th birthday in 2015.
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Personal and social relationships are important in our everyday lives and are central to our wellbeing.
- Relationships are under increasing pressure - breakdown costs the UK economy £46 billion each year according to the Relationships Foundation.
- Over a million people every year access information, support and counselling from Relate but it's clear many more would benefit from Relate services.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of 1,700 counsellors across the country.
- For more information and advice visit: www.relate.org.uk