



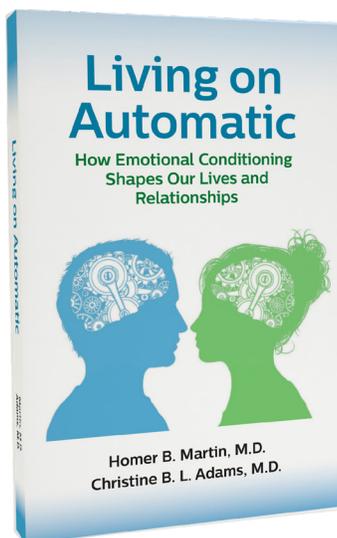
Ever wonder why you keep having the same problems in your relationships over and over?

- ◆ Almost 50% of first marriages end in divorce—one divorce every 36 seconds.
- ◆ 40 to 55% of parents worry their children are depressed or have substance abuse problems.
- ◆ Singles find dating problematical; more than 2500 online dating services serve more than 49 million people trying to find mates.
- ◆ We conduct our relationships on automatic without thinking about what we're doing because of our emotional conditioning.

CHRISTINE B.L. ADAMS, M.D., is known as **The Emotional Conditioning Expert**.

A child, adolescent and adult psychiatrist with 40 years of experience, she coauthored the new book, *Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships*, with the late psychiatrist Homer B. Martin, M.D.

Dr. Adams is a Distinguished Life Fellow of the American Academy of Child and Adolescent Psychiatry, a Life Member of the American Psychiatric Association and received the National Psychiatric Endowment Fund Award. She is a sought-after expert on personalities and relationships, and has been interviewed on numerous radio shows, including Starcom Radio Network and Louisiana Radio Network.



STORY IDEAS:

- ◆ **Almost 99% of the U.S. population suffers with emotional difficulties that can lead to emotional illnesses—why no one is “normal.”**
- ◆ **The ins and outs of emotional conditioning and our new understanding of personalities and relationships.**
- ◆ **Why the ways of relating you learned as a child often explode later in life.**
- ◆ **Caught in a vicious cycle: Why do we keep dating the same unsuitable partners over and over?**
- ◆ **Do you have an arranged marriage? How our parents unconsciously affect our choice of mates.**
- ◆ **Navigating divorce with children—Avoid these mistakes most divorcing couples make.**
- ◆ **The real reason that opposites attract.**
- ◆ **Are you stuck in your childhood role as a parent? How to break free and parent on your own terms.**

“The beauty of this book is that it goes far deeper than self-help. Martin and Adams show us how to discover who we are, what people we become attracted to and why. . . . They also give us hope by offering solutions for relationship difficulties.”

—Mary E. Schwab, MD, MA Religion, Associate Professor, Yale Child Study Center, Child Psychiatry (Retired), Yale University

CONTACT: Christine B. L. Adams, MD

christine@doctorchristineadams.com ◆ (502) 459-0406 ◆ DoctorChristineAdams.com

Based in Louisville, KY ◆ Available nationwide by arrangement

Praise for *Living on Automatic*

“A must-read for anyone seeking new ideas and findings about their relationships. The scope and depth of Drs. Martin and Adams’ clinical experience to discover how we manage our relationships with one another is nothing short of mind-boggling. Their work is comprehensive, spanning infancy through old age.”

–James L. Fisher, PhD, Psychologist, author or editor of eleven books, President Emeritus, Towson University and the Council for Advancement and Support of Education (CASE)

“*Living on Automatic* is a life changer if you want to possess authenticity through self-discovery and look deeply into your relationships. If you wonder why you repeatedly marry similar spouses, why you have problems with your children or parents, and why you are unhappy in your closest relationships, you will find answers.”

–Judith R. Milner, MD, M.Ed, Spec. Ed., Private Practice Child & Adult Psychiatry, and coauthor with Paul L. Adams, MD, of *Fatherless Children*

“*Living on Automatic* is a welcome guide for the curious, the confused, and the conscientious seeking to understand themselves and the people around them. Breaking new ground in understanding the patterns of the mind shaped in childhood, this book offers direction and hope in our troubled world.”

–Jim Wayne, MSW, BCD, President, Wayne Institute for Advanced Psychotherapy, Bellarmine University, Louisville, KY

“With 80 years of solid clinical experience behind it, this groundbreaking book illustrates a revolutionary approach to manage your life, your relationships, and gain self-understanding. If you or a loved one is at risk for substance abuse, this book is for you.”

–Richard L. “Rich” Jones, MA, MBA, LCAS, CCS, CCDP, CAI, Executive Director, FAVOR Greenville, Greenville, SC

“Ever wish you could solve or avoid problematic relationships? If you are willing to do the tough work of self-examination, *Living on Automatic* will improve your relationships and your life. This book invites you to think deeply about who you are and to discover how to lessen your automatic emotional and behavioral responses to others that create difficulties for you.”

–Carol Clifton, PhD, Licensed Psychologist, Author of upcoming book *Escape the Control Trap: The Secret of Serenity in Relationships*

