

# *Dr. Linda Miles*

*Psychotherapist. Journalist. Media Personality.*

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Greetings,

Included in this press kit is a biography for Dr. Linda Miles, along with summaries and book reviews of her two latest publications *Friendship on Fire* and *The New Marriage: Transcending the Happily-Ever-After Myth*, and articles of interest.

Please feel free to contact Dr. Miles for further information.

We look forward to working with you and hope to hear from you at your earliest convenience.

Best regards,

*Dr. Linda Miles, PhD*

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## ***Dr. Linda Miles, PhD***

**Psychotherapist. Journalist. Media Personality.**

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Dr. Linda Miles was blessed early with a unique combination of talents. In particular, her first love – writing – led her to study communications in college, teach high school English on a military base abroad and to teach public speaking at the University of Maryland. Driven by a desire to help others, she returned to school in 1971 to study psychotherapy. Mandatory “encounter groups” and annotations of honest and negative feedback, helped set her on her authentic path.

Dr. Miles uniquely fuses her skills as a journalist and psychotherapist in a way that allows her to listen, understand and break down information that connects with audiences. “Even the staff took notes,” Diana Ferrito of ABC radio remarked recently after Dr. Miles appeared as a morning show guest. She manages to get her points across in an engaging manner, even engendering kind comments from Mr. Bill O’Reilly on, The O’Reilly Factor.



“I find her to be extremely capable of articulating a complex, disturbing subject in compassionate and understandable terms,” Emmy award-winning, HBO Producer Susan Froemke stated.

As a media veteran, Dr. Miles has worked with hundreds of radio stations nationwide, appearing on diverse shows, including: “Mancow in the Morning,” Moody Broadcasting and ESPN Sports. Quick on her feet and flexible, Dr. Miles is able to deliver quick, witty, well-informed responses under pressure. Dr. Miles is also passionate about, “telling the truth of love,” connecting with others and celebrating life. Her dynamic and sincere behavior goes hand-in-hand with her strong messages. She is deeply dedicated to positively impacting the world through loving connections.

Dr. Miles and her husband, Dr. Robert Miles, MD, have three sons and four grandchildren.

### ***Contact Dr. Miles:***

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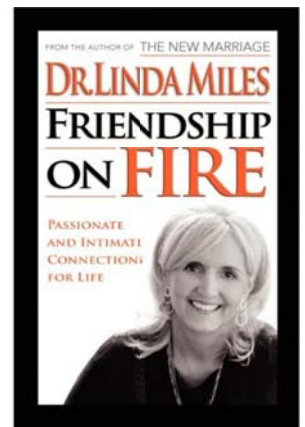
[www.drlindamiles.com](http://www.drlindamiles.com)

## ***Friendship on Fire:***

52 Weeks to Passionate and Intimate Connections for Life

*Dr. Linda Miles, PhD*

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Maintaining a loving, lasting relationship starts by accepting that “happily ever after” is a myth. *Friendship on Fire* is a reality tale that gives practical and spiritual strategies for a passionate connection that lasts. Love is a fire; like a fire it explodes, then when the fuel is gone it starts to die. You hold the matches needed to keep that fire aglow but under control. You are responsible for your relationship; build it like a Friendship on Fire. You need passion to keep the sparks flying and friendship to keep them under control. Therapist Dr. Linda Miles shares secrets to successful and lasting relationships based on real life. She uses her more than thirty years of experience and research to explain what really works to keep the flames alive in simple, yet inspiring language. *Friendship on Fire* is loaded with tips that couples can implement to be more loving. It’s up to you and what you do with your matches.

Dr. Linda Miles has worked in the field of mental health for over thirty years as psychotherapist, consultant, educator and writer. She has appeared on national television, radio and in magazines such as *Woman's World*, *Parents* and *Entrepreneur*. She wrote the award-winning book *The New Marriage: Transcending the Happily Ever After Myth* with her husband (Dr. Robert Miles) and has published *All Aboard The Brain Train: Teaching Your Child to Live With Purpose* with co-author, Dr. Amy of Cincinnati Children's Hospital.

To learn more about the book, visit [www.drindamiles.com](http://www.drindamiles.com).

Author: Linda Miles, PhD  
Classification: Self-Help/Psychology  
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Retail Price: \$29.99 USD  
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Contact:

**Please feel free to excerpt brief passages from this book for review purposes.**

**If you excerpt, please include:** *Friendship on Fire*  
*By: Linda Miles*  
*Published by: Xlibris Corporation*

# *Friendship on Fire*

## BOOK REVIEW

Dr. Linda Miles, PhD

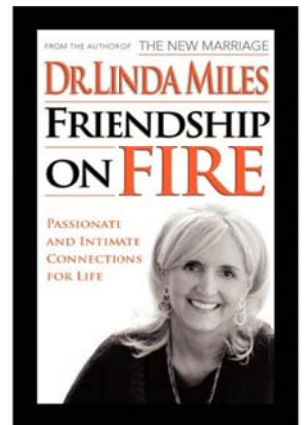
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### Kirkus Discoveries

In this easy-to-read self-help book, relationship therapist Miles offers a treasure map to happy, healthy relationships.

Miles refers to a successful romantic relationship as a friendship on fire (from the famous unattributed quote), hence the book's title. According to the author, true love is a compassionate, sensual bond that lasts because you find your soul's true home with your partner. She believes that the friendship offers safety, while the fire provides the sparks, and that the secret is an equal partnership both parties are advocates and protectors for one other. Throughout the book, Miles provides suggestions and advice on how readers can recognize their own friendship on fire. A lot of the material here is old-fashioned common sense it often involves not only listening to what the other person says, but putting yourself in their shoes so you can hear what he or she is getting from you. This premise appears to be based on the belief that a person needs to understand oneself before he or she can hope to form a cohesive relationship with another. Miles also touches on the big stuff, like the death of a child, and the little things, such as being ignored at a spouse's company function, using realistic examples that allow readers to visualize themselves in each scenario. But this is not a book to read straight through. Miles fills each section with homework for the reader to complete alone or with a partner. For example, she suggests keeping a journal that can either be private or shared with a lover. As with any therapy, Miles believes that a successful relationship can only be attained if each participant does the work.

Fuel for thought for a loving, lasting relationship.



# *The New Marriage:*

## Transcending the Happily-Ever-After Myth

*Dr. Linda Miles, PhD*

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As children we grow up believing in magic, but our fairy tales can betray us when we carry them over into adulthood. The myths we internalize as children are a risky foundation for lasting relationships. *The New Marriage* offers adults to help transform their relationships and grow out of the Hollywood-inspired fantasies in favor of the challenging, but ultimately more satisfying reality of a lasting, successful marriage. The authors present this book as a gift and guide to couples on how to continuously learn how to be a good, fulfilling partner.

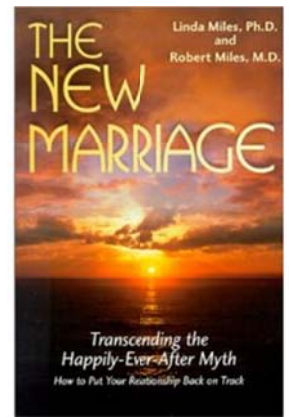
Licensed therapists and teachers, Drs. Linda and Robert Miles have worked in the mental health field for over thirty years. Married for more than twelve years, they share a deep commitment to helping others achieve rewarding relationships. Dr. Linda Miles has written numerous articles about communication skills and relationships and co-authored, *Amanda Salamander Discovers the Secret of Happily-Ever-After*, a realistic fable created to help children develop healthier expectations of relationships. Dr. Robert Miles is the senior psychiatrist for Florida's Mental Health Program Office, Department of Children and Families. Along with an active private practice, he has consulted numerous agencies and worked administratively and clinically in hospital settings. The Mileses live in Tallahassee, Florida and have three sons and four grandchildren.

To learn more about this book, visit [www.thenewmarriage.com](http://www.thenewmarriage.com)

Authors:	Linda Miles, PhD & Robert Miles, MD
Classification:	Psychology / Relationships
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Contact:	Sarah Rogers, (407) 739-9600

**Please feel free to excerpt brief passages from this book for review purposes.**

**If you excerpt, please include:** *The New Marriage*  
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Published by: Cypress House

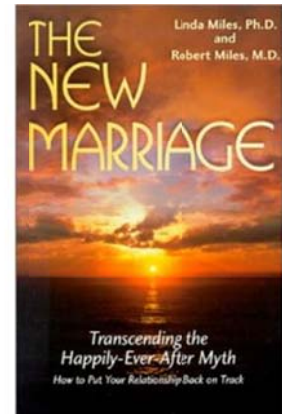


# The New Marriage

## BOOK REVIEWS

Dr. Linda Miles, PhD

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**Finalist, *Foreword Magazine* Book of the Year Award (Self-Help Category)**

“Considerable help for those whose marriage is less than idea.”

- ***Foreword Magazine***

“A wonderful, innovative model for helping develop and maintain healthy relationships. Drs.’ Linda and Robert Miles offer a visionary approach for today’s couples. We highly recommend this book and commend the authors...”

- **James H. Akin, ACSA , Executive Director &  
Lynn M. Wray, LCSW, Coordinator of Continuing Education  
National Association of Social Workers, Florida Chapter**

“[Their] attitude is realistic and hopeful. They recognize that this journey is a spiritual one in the true sense of spirituality. This book will prove valuable to anyone who wishes to learn about self and the nature of relationships. Couples involved in therapy will find a wonderful aid in their work. Therapists, too, can learn from it and use it for those with whom they work in therapy.”

- **Dr. Larry Barlow, President  
Florida Association of Marriage and Family Therapists**

“In a field where far too many books talk theory and example, the Miles team provides immediately useful tips and suggestions to improve your marriage. If you want to get your relationship back on track, read and use this book.”

- **Jeff Herring, MS, LMFT, Marriage & Family Therapist  
Author of *Solutions You Can Take Home***

“A practical and mystical map for a happy, long-term marriage, good for those already married and important for those yet to be married. It helps us look at our part in why relationships don’t work, and how to change that.”

- ***Marriage Magazine*, March 2002**

“Innovative, practical, ‘user friendly,’ insightful, informative, and occasionally inspiring, *The New Marriage* is very highly recommended reading for anyone needing assistance to rebuild or strengthen his or her relationship.”

- **The Midwest Book Review**

# The New Marriage

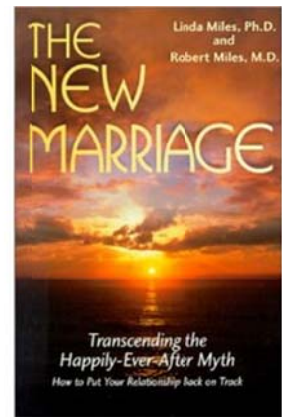
## BOOK REVIEWS

Dr. Linda Miles, PhD

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### About.com

### Full Product Review



The authors begin this book on how to put your relationship back on track with the question, “What is happening to relationships?” Giving some historical background about marriage, they point out the changes that have happened in marriages. This book was written to help couples make sense of their suffering and to teach them how to enjoy the benefits that can result from being in a long-term, meaningful relationship. It will also help those who may be living in a dead relationship to recognize it as such and to move on.

Drawing on the wisdom of other psychologists, therapists, researches, and writers, Linda and Robert Miles share their philosophy of marriage in a non-jargon way. They use real-life examples of couple relationships that many people will be able to identify with.

#### **Some statements from *The New Marriage*:**

- “The term ‘New Marriage’ in no way suggests that people should dispose of current partners or troubled relationships and start over with someone new. On the contrary, the term is used to remind us of today’s new relationship dynamic and how couples might redefine and renew their relationships to make them stronger. A ‘New Marriage’ can refer to newlyweds who are just beginning their journey, to remarriages of those stalled in the valley, or to long-term couples.”
- “We’ve never seen an open marriage save a relationship or succeed over time.”
- “John Gottman found that the most often-reported reason for a dying marriage was not because couples fought too often or because there’d been an affair, but because they grew apart and there was deadness between them.”
- “...what separates happy couples from unhappy couples is not whether they have problems, but how they approach them.”

If it seems as though the honeymoon is over, and apathy as set in, this practical and insightful guide could help you get your marriage back on track. It is a guide to help you know where you are going and to provide a road map for getting there. However, for it to truly be beneficial to your relationship, you will need to answer the questions in the exercises for each part and to be willing to let go of your psychological baggage from your past.

Drs. Linda and Robert Miles have included an index and a great list of resources which would be helpful to couples who want to continue to deepen their marital relationship. It is refreshing to read a book about marriage that speaks of joy within marriage.

*The New Marriage* is a finalist in the *ForeWord Magazine* Book of the Year Awards (self-help category). It has been receiving positive feedback from both individuals and therapists.

# 11 Ways to Fire Up Your Relationship

Dr. Linda Miles, PhD

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Dr. Linda Miles would like to share with your audience the very best tips she has learned from 30 years of counseling couples. Dr. Miles has taught countless couples whose relationships have gone cold how to rekindle the flame, keep the fire burning and keep the flames high.

Do you want to help your audience how to find bliss in their relationships?

Here are Dr. Linda Miles's key tips to firing things up:

**1. Celebrate Each Day:**

Love is a practice. Say I love you every day...more is better. Share the things that give you the greatest pleasure. Help one another's dreams come true. If your partner loves music, bring home CDs or concert tickets. If your partner loves football, watch with them. These are *gifts* and are done without resentment.

**2. Heat Up the Bedroom:**

Everyone is different. You need a love map to one another. Give your partner what you know they like.

**3. Make Connections:**

Research shows that happy couples connect often with their eyes, soft voice, and body language. Communicate connection. Use soft eyes when you look at your partner and touch often.

**4. Live Passionately and Not Just for Passion:**

A wise Native American once said, "As you go the way of life you will see a great chasm. Jump...it is not as wide as you think." If your life is cool, how can your relationship stay hot?

**5. Love the Spiritual and It Will Be Difficult to Despise the Earthly:**

Develop a spiritual practice together - prayer, inspirational readings, mediation. Sharing one things you appreciate about your partner before you go to sleep. This builds a positive emotional bank account.

**6. Don't Just Survive, Visualize:**

Visualize your dream relationship and affirm what you want. Close your eyes, feel the warmth and connection. Our unconscious mind is filled with negative things. Retrain your brain. A famous neuroscientist observed, "In the brain, practices make permanent."

**7. You Cannot Stop Life's Sorrows, But You Can Choose Joy:**

Mother Theresa said, "Our best protection is a joyful heart." Have fun together. Act like kids.

**8. Wake Up Without Make-Up:**

We cannot have true intimacy unless we drop our masks. Think Valentine's Day, not Halloween.

**9. Share Grown Up Sex:**

It is not about hooking up, but about really looking at your partner and loving knobby knees, loose skin and well-earned wrinkles from the lives you created together. Perfect means being just perfect for you.

**10. Imitate the Brady Bunch:**

Not the sitcom Bradys, but the honorable James Brady and his wife. Mrs. Brady stood by him after he and President Raegan were shot, and fought by his side for the Brady Bill on gun control. According to Brady, who is still paralyzed on one side, "The doctors saved me physically. My wife saved me emotionally."

**11. Look for the Real Life Inspirational Couples:**

Look at others who have a great marriage and use them as models. Look around your community for couples that share a common cause, accept and support one another emotionally. Instead of watching Brad and Angelina, figure out what the Newmans did to sell all that salad dressing together for charity.