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M. Gary Neuman Will be a Guest on the Navigating Your Life Show with Dr. Nathaniel Williams

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On Monday, December 21, 2009, M. Gary Neuman will be a guest on *The Navigating Your Life Show with Dr. Nathaniel Williams*. He will be discussing his new book, *IN GOOD TIMES AND BAD: Strengthening Your Relationship When the Going Gets Tough and the Money Gets Tight* (Wiley; October 2009; \$25.95; Cloth; ISBN: 978-0-470-53803-6) which he co-wrote with his wife, Melisa Neuman.

M. Gary is a licensed family counselor and rabbi. He is the author of the New York Times bestseller *The Truth about Cheating*, for which he appeared on "The Oprah Winfrey Show" twice, as well as the "Today" show and "The Early Show." He is also the author of *Emotional Infidelity: How to Affair-Proof Your Marriage* and *Helping Your Kids Cope with Divorce the Sandcastles Way*. He has also appeared on "Good Morning America," "The View," "Dateline NBC," the "NBC Nightly News," and the "CBS Weekend News."

In the new book, he and his wife lay out strategies and solutions for maintaining a healthy partnership while dealing with the stresses caused by money problems, job loss, health problems, and other difficult events. They offer practical advice on how to repair damage that has already been done and how to develop healthier communication around these issues. Their prescriptive action steps show readers how to talk to one's partner and children about money and other problems without emotions or anger getting in the way, thereby strengthening one's marriage and family and laying a solid foundation for one's future.

The Navigating Your Life Show with Dr. Nathaniel J. Williams is all about empowerment and helping people reach their full potential. The show provides useful answers to the challenges of everyday life. The goal of each show is to provide information that can be implemented immediately and potentially forever change the lives of listeners. Topics range from health, personal development, financial, educational, spirituality, and relationships. The show airs live every Monday at 7 AM PST 10 AM EST on the VoiceAmerica Variety Channel <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1581>

Nathaniel J. Williams, Ed.D., MHS, MPA, MBA knows about dealing with adversity and overcoming the odds. He and his 11 siblings were orphaned when he was just five years old. He lived under the New York City foster care system until the age of 18. The challenges of his early life inspired his educational, personal and professional achievements.

He is now a Doctor of Education, direct care worker, foster parent, entrepreneur, nonprofit and for-profit organization founder, Chief Executive Officer, adjunct professor, scholar-in-residence, talk show host and motivational speaker. He has written several self-help books including most recently, *The Affordability Factor: The 4Cs of Change*.