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CONTACT: Amber Childres at (512) 478-2028 x224

## **When Mama's Boys and Daddy's Girls collide** *Relationship coaches make love work for beta males, alpha females*

ASHEVILLE, N.C. – Most men cringe at the thought of being labeled a Mama's Boy. A role that carries many negative connotations in dating circles, adult Mama's Boys are generally thought to be immasculine, emotionally needy and forever in the clutches of their mother's talons. On the other hand, women delight in being known as Daddy's Girls. They are strong, independent and use their charm to get what they want, when they want it. But what happens when Mama's Boys and Daddy's Girls fall in love? Are their relationships designed to last, or are they doomed to mirror the parent/child dynamic?

Joseph and Sarah Elizabeth Malinak, a husband-and-wife team who specialize in relationship coaching, say Mama's Boys and Daddy's Girls are attracted to each other, but the very same qualities that bring these couples together can just as easily tear them apart.

The Malinaks believe that for Mama's Boys and Daddy's Girls to thrive in their relationships, they must discover a healthy balance between the masculine and feminine roles within the partnership. In their new book, *Getting Back to Love: When the Pushing and Pulling Threaten to Tear You Apart* (Bridgeway Books, February 2008), the Malinaks explore the unique personality traits of Mama's Boys and Daddy's Girls, and how the dynamics between the two can threaten to sabotage their relationships.

"Daddy's Girls and Mama's Boys are drawn to each other like magnets," says Sarah, a self-proclaimed Daddy's Girl who married her own Mama's Boy, Joseph, in 1998. "They sense in one another the parental influence missing from childhood, and believe they can fit the pieces together. The relationship begins with a lot of chemistry, but once these couples reach a certain level of commitment, they risk falling out of love unless they can learn to be together as adults, rather than as parents and children."

Drawing from their experience as professional relationship coaches, the Malinaks have redefined what it means to be a Mama's Boy or Daddy's Girl in today's society, and how these personalities can thrive in their relationships.

### **In an interview, the Malinaks can discuss topics such as:**

- Are you a Mama's Boy/Daddy's Girl?
- How to rekindle the romance with your Mama's Boy/Daddy's Girl
- Mama's Boys and Daddy's Girls in pop culture
- How gender roles have evolved in America

Joseph and Sarah Elizabeth Malinak live in Asheville, N.C., where they are life coaches specializing in helping people improve the quality of their relationships. As co-founders of Ideal Relationships, the Malinaks combine their backgrounds in psychology and counseling to bring a wealth of talent and compassion to their relationship coaching, workshops and seminars. Joseph has over 30 years of experience as a self-growth facilitator, and Sarah has a Master of Divinity degree in pastoral care and counseling. For more info, visit [www.gettingbacktolove.com](http://www.gettingbacktolove.com).

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To request a review copy of *Getting Back to Love* or to set up an interview with the Malinaks, please contact Amber Childres at (512) 478-2028 ext. 224 or [achildres@phenixpublicity.com](mailto:achildres@phenixpublicity.com)