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Contact: Robin Barnett

Director of Public Relations

616-698-3251

robin.barnett@harpercollins.com



Trusted Marriage Expert Shares Seven Tantalizing Secrets of the Mediterranean to Spice Up Any Marriage

Grand Rapids, Mich., March 2017 — Author, counselor and popular radio host Steve Arterburn and his wife Misty Arterburn take readers on a Mediterranean adventure to the most romantic countries in the world to help couples recapture the lost romance and attraction that brought them together. These are the cultures that gave us Michelangelo, opera, Tuscan sunlight, creamy fettuccini and steamy shots of rich espresso. With the Arterburns' guidance, readers will discover seven mysteries of ultimate intimacy from these Mediterranean countries to create a love that intensifies with time, a *grande amore*.



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Hardcover

The ***Mediterranean Love Plan: Seven Secrets to Life-Long Passion in Marriage*** shows readers it is possible to have a Mediterranean love affair with your spouse – no passport required. The Arterburns share easy, practical ways to apply these secrets of creating ongoing passion in marriage. They also include fascinating research, drawn from five of the most famously romantic countries along the Mediterranean Sea: Greece, France, Italy, Spain and Israel.

“There are a slew of books that sing the praises of Mediterranean diets,” says Arterburn, “but what those books don’t say is that health, happiness and longevity is not just about eating more vegetables doused in olive oil. People who live long, love well and are loved back in return. If you and your spouse both bring your most passionate selves to your marriage and practice these secrets, you will fall in love again and again with the same person, day after day, year after year.”

In *The Mediterranean Love Plan*, Steve and Misty share how they live out these principles of passion in their everyday lives, keeping their love fresh and alive, even with a houseful of kids and a to-do list that never ends. Readers will find a guide to living passionately and keeping the inner fire of romance burning in their marriages. *The Mediterranean Love Plan* reminds couples of the importance of enjoying life and encourages busy couples to slow down, savor their love and play together.

Stephen Arterburn is a *New York Times* Best Selling author with more than ten million books in print, including *Toxic Faith*, *Every Man’s Battle* and his most recent publication *Take Your Life Back*. Arterburn founded New Life Treatment Centers as a company providing Christian

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counseling and treatment in psychiatric hospitals. He is the host of New Life Live, the number one call-in counseling talk show heard on Sirius XM 131, on 200 other stations across the country and online at NewLife.com. He also serves as Teaching Pastor at Northview Church in Carmel, Indiana. He and his wife Misty live near Indianapolis.

Misty Aterburn is an author, speaker, Life Recovery group facilitator and mother to five children ages 26,19,17,10 and 7. The Indiana native is a graduate of Ball State University. She has authored or co-authored five books including *Lose It for Life Day by Day Devotional* and *One Year New Testament For Busy Moms*. She is an accomplished conference speaker and facilitates two Life Recovery groups for women at Northview Church. Mrs. Arterburn founded Recovery Girls, an organization putting a new face on woman's recovery with help, hope and life changing videos found at Recoverygirls.com.

Becky Johnson is the author, co-author or collaborator of more than forty books. Her most recent titles are *We Laugh, We Cry, We Cook* and *Nourished: A Search for Health, Happiness and a Full Night's Sleep*.

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Possible Interview Questions for Steve & Misty Arterburn Authors of *Mediterranean Love Plan*

1. Most people have heard of the Mediterranean diet and food plan, but what is the Mediterranean Love Plan?
2. Why did you write on this topic? Is there a big unmet need that few couples are willing to talk about?
3. Why the Mediterranean? What do these cultures know that we don't?
4. What are a few simple, practical ways couples can start a Mediterranean love affair with each other that don't involve a passport?
5. What can American men learn from Spanish and Italian men?
6. What can an American woman learn from women in Israel?
7. Secret number two is playfulness. What are a few ways to keep your love playful? (p. 77)
8. There are so many books on the Mediterranean diet. These cultures know how to each well and love well. What can we learn from them about the experience of cooking and eating?
9. Love and art are intertwined in French culture. Why do these go together as well as a café au lait and a fresh chocolate croissant?
10. Ikaria, Greece is nicknamed the 'Island Where People Forget to Die.' What are Ikarians doing that we aren't? Why are they such happy islanders? (p. 145)
11. What can we learn from Israel? What are some ways to mix the spiritual and the sexual (p. 181)?
12. Did you learn anything surprising about the Mediterranean while researching this book?

For an interview with Steve Arterburn and/or Misty Arterburn, please contact Robin Barnett at robin.barnett@harpercollins.com or (616) 698-3251.