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Contact: Fields of Peace Publicity
Phone: 347-271-9713 (office)
718-916-7351 (mobile)
Email: flyfields@hotmail.com

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Kerika Fields is a writer whose articles examine arts and entertainment along with social and cultural issues. Her work has appeared in The Amsterdam News, BELLE Magazine, Black Elegance, Black Issues Book Review, Caribbean Life, The Daily News, Impact, and The Source. Her debut book, **HE'S GONE...YOU'RE BACK: The Right Way to Get Over Mr. Wrong** was released on January 1, 2009 (Soul of My Sisters/Kensington). She has since become a much sought after relationship expert who has appeared on national radio programs including The Tom Joyner Morning Show, Khloe After Dark and the Ceslie: You, Better, Show.

Q & A With Relationship Expert and Author KERIKA FIELDS

1. What inspired you to write the books, **HE'S GONE...YOU'RE BACK! The Right Way To Get over Mr. Wrong?**

When the relationship with the father of my only child, my daughter, ended, I had to ask myself a lot of hard questions about who I was and what I really wanted out of life and a relationship. During the same time I was going through this, I was working as a freelance writer for various publications and was always looking for new story ideas. Well, some say the best stories are the true stories, so I took what I was going through and wrote an article titled, "He's Gone, You're Back" for the now defunct Black Elegance magazine. The article got such a great response from readers that I was invited to speak about it on a local radio station. After that, I knew the topic was timeless and relevant to everyone that has been in a failed relationship and that it would make a great book. So slowly but surely, I just started to write entries that eventually would become the book.

Ultimately, it was the lessons that I learned during that hard time a long time ago—lessons about resilience, self-love and faith—that really inspired me to write this book because I wanted to share what I had learned with women who might benefit from my experiences.

2. Of all the tips regarding recovering from a breakup that you offer in the book, which do you feel is the most important?

I think it's imperative to "Avoid the Abyss," so much so that I have an entire chapter by the same name devoted to discussing the importance of not going to that dark, ugly place and reminding readers that if they do go there (which most will) they have to be sure not to stay there. Still, I'd say that in the next chapter "Recipes for Recovery," is where I offer my most sound and valuable advice: Make up your mind. Period. I'm not at all trying to simplify things or pretend that heartbreak is easy to get over. I know all too well that it is not. I know the ups and downs. I know how it feels to really miss someone who was a big and special part of your life. I know healing is a long hard process.

I know what it feels like to question yourself and your choices and to vacillate between being strong and being weak. Still at some point, a woman has to decide that this will not kill me. They have to make a decision that they will emerge from the experience a better, not bitter, person. And since their emotions will be all over the place and at times unpredictable, they have to decide to survive with their soul, beauty and loving heart in tact. So, I'd have to say the most importance advice is "Make up your mind," because where your mind goes the rest of you will follow. Once you make up your mind to survive, you get a shift in your spirit and your faith becomes renewed. With your mind and spirit on board, now your body wants to exercise, eat right and rest. Once you have your body, mind and spirit on board with you towards your journey to recovery, you can't be stopped.

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3. There are many self-help books on shelves. What makes HE'S GONE...YOU'RE BACK: The Right Way to Get Over Mr. Wrong different?

I think I have a unique voice and a distinctive way of looking at things. I know that every woman has their story and by sharing our stories we can empower each other, so in the book I am sharing mine. But more than that I really think the book is special because it deals with breakups holistically. It addresses the mind, the body, and the spirit of the woman which not many other books on this topic have done up until now.

4. In your book you have a list of "He's Gone Heroes" that includes Halle Berry and Vanessa Williams, among others. What were your criteria for choosing them as heroes?

Overall, I chose women who remind me and will remind my readers that life goes on and that it is possible to be happy and find love again. The list is made up of celebrities for the most part because their relationships and breakups are always so highly-publicized. Although I can't begin to really know what happened and how they actually coped, the fact that they have each moved on happily and successfully is obvious. Also, all my "He's Gone Heroes" each handled their breakups with dignity and class by not bad-mouthing the ex, not putting all of their personal business in the street, admitting they were hurt, and so on. I think these are admirable qualities in a woman because when emotions are involved it's not always easy to have decorum and be diplomatic. My "He's Gone Heroes" are proof that it can be done.

5. You also include a "He's Gone Playlist." How can music help heal heartbreak?

Music is the soundtrack to our lives. When we are partying or at church or even just cleaning our homes, music is there. And whatever we are going through, good or bad, there is always a song that is relevant. We all know there are very many beautiful love songs to listen to, but when you are going through a heartbreak listening to them all the time can be quite debilitating. So, I wanted to provide readers with a list of songs that are uplifting, fun, and inspiring. I also included songs that can be used as outlets for inevitable bouts of anger such as Kelis' "Caught Out There." I chose all types of songs from very diverse artists, from gospel to rock, from Alanis Morissette to Mary J. Blige, because like music, love is universal. Personally, blasting good music while dancing around my house has been very therapeutic and has come in handy during times when I just wanted to punch somebody or break something. So when I get to that place where I am tired of crying, I put some music on and dance.

6. Why did you feel it necessary to include a "Self-Help Checklist" in the book?

I just wanted to insure that my readers would take an active role in self-love because I believe that love is a verb not a noun. And even the most fantastic self-realized women might think they are loving themselves because they are working hard to pay the bills and feed the kids and all of that, which is great, but at the end of the day, what are they really doing to actively love themselves? It's a very overused term but I think that's because people still don't really get it. It doesn't have to be a big deep thing. You should take time for yourself, take a vacation if you can, go to a spiritual retreat, if you're interested. But those are events. Loving oneself is in the everyday, small details. The chart is just a way for me to ask them: Did you take your vitamins today? Your pressure pills? And if you didn't get to the gym, did you take a walk? Did you do some simple stretches? When was the last time you soaked your feet? Or drank some healthy vegetable juice? I know we forget to do these things, especially if we are heavy-hearted, but with the chart it's just all right there, in black and white.

7. Aside from the obvious joys of being published and having your name in print, how has the book changed your life?

It's funny because when I was doing the final draft of the book, I had actually just broken up with someone I had been seeing for about six months. And just re-reading what I had written helped me so much at that time. The whole experience was so right on time, really, that I even began to suspect that the pain and disappointment I was going through was just a test to see if what I had written is really helpful and I found that indeed it is extremely helpful. Also, as every writer knows, writing is a lonely process and sometimes alone at night at the keyboard we have no way to really know if we are any good or even relevant. I admit that being published for the first time is a form of validation, which reminds me to trust my voice and ideas while inspiring me to continue to write.

He's Gone...You're Back!

The Right Way to Get Over Mr. Wrong



PRAISE FOR "He's Gone...You're Back!"

"How to get over Mr. Wrong? I'm glad somebody finally has the answer! More Women need to read this book. Even if they think their man is Mr. Right right now.."

James Foster Brown
Publisher, Sister 2 Sister Magazine

"Kerika Fields has truly written the blueprint that teaches all women how to get over Mr. Wrong and keep it moving!"

Flo Anthony
Publisher, Black Noir and Toy Box Magazines
Syndicated Radio Host Dial Global Networks

"He's Gone....You're Back! will help you Stay Strong! It will change the way you view your breakup, and make you laugh, think, and grow along the way."

Terrie M. Williams
Author of Black Pain: It Just Looks Like We're Not Hurting

"This book combines comfort with a reality check and a survival guide. it can be a lifeline to those navigating the devastatingly painful waters of a romantic break up."

Jacque Reid
National Television and Radio Journalist

"A proactive approach to healing a broken heart. Kerika Fields forces you to take a realistic look at your relationships in the past so you can be ready for your relationships in the future."

Amy Dubois Barnett
Author of Get Yours! The Girlfriends' Guide to Having Everything You Ever Dreamed of and More

LET THE HEALING BEGIN!

Highlights of the Book:

- Daily Self-Love Check List
- Recovery Reading List
- “Pity Party” Move Picks
- “He’s Gone...You’re Back!” Heroes list including Halle Berry, Nicole Kidman, and Valerie Bertinelli
- “He’s Gone...You’re Back!” Music Play List
- He’s Gone...You’re Back!” Choices Chart

He's Gone...You're Back! *The Right Way to Get Over Mr. Wrong* is a groundbreaking new non-fiction book written to help you holistically and realistically navigate the dark, scary post-relationship abyss and come out on the other side ready to laugh---and ultimately love---again.



Because breaking up is always hard to do, **He's Gone...You're Back!** will support, guide and reassure you through the dark days and prepare you for a bright future by nurturing **Body, Mind, and Spirit.**

He's Gone...You're Back! helps and heals women experiencing **The Breakup Blues** by showing them:

- how and why to commit to their recovery like they were committed to their relationship
- how and why to avoid becoming another angry, bitter woman. After all, there are enough of those!
- how and why to keep showing up to their lives no matter how disillusioned or depressed they are
- how and why to fight and win the **ULTIMATE** battle: Choosing to be **Beautiful not Bitter**

MEDIA COVERAGE

“He’s Gone...You’re Back! The Right Way to Get Over Mr. Wrong”, has received some great Media coverage since it’s publication.



*Author
Kerika Fields*

PERSONAL MEDIA APPEARANCES

Tom Joyner Morning
Khloe After Dark
Dr. Dan Frager Radio Show
Drivetime Live with Lady “K”
“City Lights” with Jenine Parnell
DJ Chip in the Morning
Fox and Tina In the Morning

BOOK FEATURED IN

Amsterdam News
Heart and Soul
Essence.com
BVonline.com
Getemigirls.com
Rawsistersreviews.com
Uptownlife.net

Relationship Expert and Author Kerika Fields is currently available to speak about her book’s topic of Relationship Recovery on local and national radio and television programs. To book her for your program, and/or request media materials, please contact:

Fields of Peace Publicity
347-271-9713 (office)
718-916-7351 (mobile)
flyfields@hotmail.com