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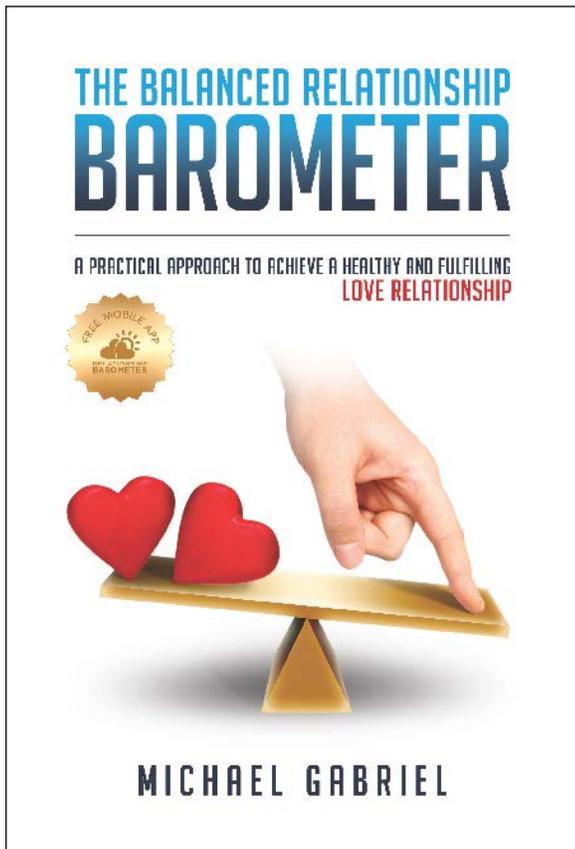
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CONTACT: Meryl L. Moss Media Relations, Inc.

Meryl L. Moss | meryl@merylmossmedia.com

Carole Claps | carole@merylmossmedia.com

203-226-0199



“It’s very eye opening! You see things when it’s all in front of you.”

“It helps organize your thoughts and feelings, and visualize what to do next.”

“It gives a perspective which you can’t have when you’re filled with emotions. It’s like you’re your own therapist, using a tool to present information back to yourself.”

THE BALANCED RELATIONSHIP BAROMETER

*A Practical Approach to Achieve a Healthy
and Fulfilling Love Relationship*

When you’re in love, and the brain releases an abundance of feel-good chemicals and hormones, all seems right with the world. In this initial infatuation phase behaviors change, hearts beat faster and obsessive cravings for each

other can cause you to lose perspective. However, it’s what comes next that is most challenging. In the ensuing phase, it’s important to understand that after the initial excitement of falling in love, the relationship needs a balance of what is essential for long-term happiness.

Successful media and technology executive, Michael Gabriel, author of **THE BALANCED RELATIONSHIP BAROMETER**, applies his innovative business insights to the challenge of sustaining

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loving and successful relationships. The book, and its revolutionary free mobile app, the *Relationship Barometer*, can better enable people to achieve fulfilling and lasting partnerships customized to their specific needs—whether currently working at an existing relationship, or seeking a new one. People track their fitness and financial health, so why not have an app that tracks the health of their relationship? It can help become more aware of “Gotta Have” and “Gotta Not Have” needs supporting their companionship goals.

Throughout Gabriel’s senior executive leadership roles at HBO, NBC, the NBA and EMI Records Group, he is an innovator who solved complex challenges, an inventor on five media and entertainment technology patents, and a founding executive leader of the industry transforming HBO GO Internet initiative.

After his marriage of 10 years ended, he set out on a quest of self-awareness determined to help his young daughter, and others, avoid a similar, painful situation. He experienced lingering questions that perplex many people who are in, or have been in, a romantic relationship. “It’s not about finding the faults,” says Gabriel, “but in recognizing and appreciating the good experiences (sunny), while not overlooking or avoiding those problem areas that could lead to bigger issues (stormy) and a possible divorce down the road (a stormy forecast direction).”

According to numerous research studies, the probability of a long term fulfilling relationship that doesn’t lead to divorce or discontentment is worse than a coin toss. Gabriel did not find that acceptable, and focused on improving the odds in our favor.

As many families going through the pain of divorce know, having to explain to young children why a parent is moving out of the home is a difficult situation. For an efficacious businessman like Gabriel, he could not fathom how his seven-year-old could comprehend why they no longer would be living together. “In trying to understand what happened with my marriage, and whether the problems could have been foreseen and avoided, I began to formulate the insights, tools, and framework culminating in this book and its simple, mobile app as its companion piece,” says Gabriel.

THE BALANCED RELATIONSHIP BAROMETER is filled with helpful guidelines, personal stories and anecdotes. It focuses on helping people learn to know themselves and what will make them totally fulfilled in their romantic relationships based on building awareness and seeing trends of personal needs through experience.

THE BALANCED RELATIONSHIP BAROMETER

Balanced Relationship Barometer LLC

\$14.95; 146 pages

ISBN: 9781500536541



**RELATIONSHIP
BAROMETERSM**

PEOPLE ARE TALKING... MEDIA REVIEWS & INTERVIEWS

PRIME TIME PARENTING

He generously and revealingly shares his own experiences and the circumstances leading to the end of his marriage yet more importantly to the in depth exploration of relationship dynamics that would become this book...and app! And this app really takes care of it all. It's the workbook, which brings the content of the book into real life.

CAREER WOMEN COACHING

THE BALANCED RELATIONSHIP BAROMETER is filled with helpful guidelines, personal stories and anecdotes. It focuses on helping people learn to know themselves and what will make them totally fulfilled in their romantic relationships based on building awareness and seeing trends of personal needs through experience.

JUST REVIEWS

Well defined, definitely first-hand experience and a great resource for young adults that are about to embark on their first relationship, have had their heart broken with a first break-up or just for anyone that wants to start over or assess their relationship to have a more centered and balanced one.

NET GALLEY

Loved it! I shared many of the finer points given in this book with many people. The author Michael Gabriel breaks down relationship conundrums in a beautifully succinct manner... I think this is a great, and positive way, to get people talking in a manner which encourages trust.

WTNH-TV "CONNECTICUT STYLE LIVE"

What happens when the honeymoon phase in a relationship is over? Relationship expert Michael Gabriel explains a great way to analyze your relationship's "barometer" that can help you decide if your relationship is meant to be, or if it's time to call it quits.

LIVE INTERVIEW with MICHAEL GABRIEL ON BOOKTRIB.COM

BookTrib.com is the lifestyle destination for book lovers who know that everything in life is better with books. In a time when literary coverage has all but disappeared, BookTrib is filling that void by championing books and their authors in a brand new way.



Top Customer Reviews from Amazon

- It's very eye opening! You see things when it's all in front of you.
- It helps organize your thoughts and feelings, and visualize what to do next.
- It gives a perspective which you can't have when you're filled with emotions, and a thoughtful time to reflect on your relationship. It's like you're your own therapist, using a tool to present information back to yourself.
- Being a Psychology and Behavioral Science major I am very interested in how people act and react. It is not only that though. It's the fact that we have a relationship, of a sort, with every person we meet. Compatibility is not just about whether you [like] the same sort or food, but what you each uniquely want and need from a relationship, and how that plays out in the dynamics of your interactions.
- I have been divorced for a few years and finally feel ready to start dating. I wanted to learn how to create a healthier relationship so I was excited to find this book. Some of the book seemed a bit dry but I really enjoyed and appreciated the real life examples/experiences. Overall, a fairly quick and informative read.
- I really enjoyed this book and got a lot out of it! I hope it will help in future relationships and it really makes you think about your wants, needs, and nice to haves. I recommend his book to anyone, even those in relationships! One part in particular that I liked was these 3 questions to ask yourself: What do you HAVE to have in your relationship? What you would LIKE to have? What do you hate/what are the make or break the relationship things?
- I'm just a regular person with a string of failed relationships behind me... They were all good while they lasted but they just didn't last! I read this book from start to finish in one sitting... Enjoy the read and more importantly, enjoy a better relationship!
- Excellent!!
- Written from the heart. Easy to read! Fabulous book which delves into human relationships. Very insightful!
- Simple, straightforward, data-driven, easy to read and follow.



**RELATIONSHIP
BAROMETERSM**

ABOUT THE AUTHOR



Relationship Barometer, and its companion book, *The Balanced Relationship Barometer*, are the breakthrough of a quest to help my 7-year-old daughter avoid the pain of divorce and the toll it took on my family. My divorce set me on a path of self-reflection, research and observation that became the basis of this fulfilling project.

My career as a successful media and technology executive (I was a founding executive of the industry-transforming HBO GO project) provided me with broad experience in innovation, problem avoidance and problem solving. When I had to face something I dreaded, explaining to my beloved 7-year-old daughter why Daddy was moving out of the house, how could I simplify it, and make it comprehensible even to a child?

In trying to understand what happened with our marriage, and whether the problems could have been foreseen and avoided, I began to formulate the insights, tools, and framework that culminated in my book, *The Balanced Relationship Barometer*. It's all about knowing yourself, and what will truly

make you fulfilled in your relationship, based on building awareness and seeing trends of your needs and experiences. This approach has been validated by hundreds of people in different stages of healthy as well as unfulfilling relationships, and led me to support the book by developing a simple mobile app, Relationship Barometer.

I truly believe that this book and mobile app could help others avoid what happened to my family, and in having fewer children hear the words that I had to speak to my daughter.

Founder & CEO
The Balanced Relationship Barometer & Relationship Barometer

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The First Relationship App of Its Kind



[The Relationship Barometer](#) can help you become more aware of your “Needs,” or the things you want and don’t want to have in a fulfilling love relationship.

This innovative free mobile app Relationship Barometer, can help guide you through the often confusing maze of emotions and decisions, with clarity and insight, to achieve the relationship you deserve.

Relationship Barometer is the first app to help you discover what matters in your love relationship, and provide you with the insight to make better decisions. With just a few minutes per day, gain the clarity you need about yourself and your interaction with your partner. Relationship Barometer will help you learn if you can make your

relationship even better, or whether you have stormy issues that just aren't improving over time.

Relationship Barometer's clarity-enhancing tools enable you to review the past to learn from your experiences, record the present to enhance understanding and memory, and view important trends in your love life to help achieve a healthy and fulfilling relationship.

You track your steps, your calories and perhaps your stocks. Download the only free Relationship Barometer app that tracks the health of your relationship.

[App Store](#)
[Google Play](#)

Follow us on:

Web URL: www.relationshipbarometer.com

Facebook: <https://www.facebook.com/RelationshipBarometer>

Twitter: @BRBarometer

The Balanced Relationship Barometer book is available from:

[Nook](#)

[Kindle](#)

[Createspace](#)



TALKING POINTS

- What makes this book better and why do I need it?
- Why a barometer app; can technology help improve my relationship?
- How do I learn from my relationships?
- Is a successful marriage just a coin toss?
- Why does the initial passion often fade?
- How do I address my relationship conflicts?
- What are my important needs?
- Why keep a relationship diary?
- Is having fun enough?
- How to avoiding relationship/dating pitfalls
- Is my relationship stuck?
- Can my relationship be improved?
- What to do about issues?
- Are you taking your relationship for granted?
- Why should relationships be rated?
- Are needs the same for multiple romantic relationship?