

# Millions of Valentines Are Blue

TAMPA, FL (SEND2PRESS NEWSWIRE) – Although the color red rules during the month of February, millions of people are not feeling so rosy. Amidst crimson cupids, heart-shaped boxes of chocolate, and rows of romantic red greeting cards, plenty of women and men are feeling blue. Kendall Smith-Sullivan, M.A., dating expert and author of “Soulmate Logic” (ISBN: 1419608770 – [www.SoulmateLogic.com](http://www.SoulmateLogic.com)) explains why.



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“Many people are very happy being single, but a large majority prefer being coupled – it is a biological urge to partner,” says Smith-Sullivan. “That is why the time around Valentine’s Day can be depressing for those still looking for that special someone.”

In fact, some have renamed Valentine’s Day as “Singles Awareness Day” because no other holiday celebrates partnership exclusively, and the unattached may feel even more lonely than usual. Ironically, it is not just singles who may be blue in February.

For some couples, this “love” holiday is a pivotal time as well. Smith-Sullivan points out that “Valentine’s Day is the last of the ‘big’ holidays and many women have been waiting patiently all winter for a marriage proposal. Notice how many advertisements there are for engagement rings now, and if a man doesn’t include a sparkling diamond with his red Valentine’s roses, it could mean a break-up.”

Even those in long-term partnerships may feel the Valentine’s blues. Many

young people want to declare their undying love, but the costs of candy, cards, gifts, and a romantic dinner can add up quickly. Yet even those who are financially secure may feel a pain that is not in their wallets, but in their hearts.

Divorce rates escalate after the December holidays, and many use this time to assess their overall happiness in their relationships. However, Smith-Sullivan concludes that this may not be such bad news.

“I was a single woman for years who had more dating disasters and dead-end relationships than the women in ‘Sex and the City.’ Now that I am blissfully married, my goal is to help others find healthy love and that is why I wrote ‘Soulmate Logic: How Any Woman Can Find Her Perfect Partner Now.’ Recently, so many men have asked me for dating advice, that I’m working on my next book, ‘Soulmate Logic: For Men Only.’ The bottom line is that everyone can have a satisfying and wonderful relationship no matter what their circumstances are – there is no need to settle for less.”

So for those who are feeling blue this month, take heart. Cupid is still on the job and for the practical-minded, Smith-Sullivan offers encouragement, “There are so many resources for single men and women to meet each other and finding a soulmate is easier than ever before. Remember that the need for love is universal and everyone can find his or her ideal partner.” For more information and love tips visit <http://www.SoulmateLogic.com>.

#### About Kendall Smith-Sullivan

Kendall Smith-Sullivan, M.A., an author and dating expert, is frequently interviewed for television, print and radio. This month she is featured on the syndicated television news segment “Smart Woman” (Ivanhoe Broadcasting) airing on stations from L.A. to New York. She is currently completing her Ph.D. in Communication and will be touring the United States in 2006 to promote her latest book, SOULMATE LOGIC: How Any Woman Can Find Her Perfect Partner NOW.

For more information about Kendall go to <http://www.SoulmateLogic.com>.

#### Book Information:

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Day, Quantum Wave Media Corporation Kendall Smith-Sullivan