



Monique Honaman



The high road has less traffic

Part auto-biography/part self-help, Monique's first book, "*The High Road Has Less Traffic: honest advice on the path through love and divorce*," (2010) shared her personal journey through divorce. The second book in the series, "*The High Road Has Less Traffic ...and a better view*" (2013) is all about providing perspectives.

She is not a divorce attorney, nor a clinical psychologist, or a marriage therapist ... just a regular person like you — having experienced the complexities of love, marriage, divorce, parenting, dating, remarriage, and everything in between. Her goal is to share perspectives from life along the way that are inspiring, motivating, and thought-provoking ... and, of course, at times witty, sarcastic, and challenging. In the spirit of giving back, a portion of proceeds from speaking engagements and book sales are donated to organizations that help families transition through divorce.



Monique is also a partner in *ISHR Group* which provides global solutions in the area of leadership assessment, development and coaching. She started her career with GM, and later joined GE. She earned certification as a Six Sigma Quality Black Belt, and is a certified practitioner of the Herrmann Brain Dominance Instrument (HBDI) and the Birkman Profile.

Monique received her B.A. from the University of Michigan, a Masters of Labor and Industrial Relations from Michigan State University, and a Juris Doctorate from Albany Law School. In 2007, Monique was profiled by the *Atlanta Business Chronicle* as one of the "40-Under-40" and named one of the "Enterprising Women of the Year" by *Enterprising Women Magazine*. She was named a "2011 Women Business Enterprise (WBE) Star" by the Women's Business Enterprise National Council (WBENC), and a 2012 POW! Winner by Womenetics. She is a member of the Women Presidents Organization (WPO), the Zoo Atlanta Leadership Council, the Emerge Leadership Council, and the Advisory Board of Hope After Divorce. Her articles have appeared in *Enterprising Women*, *Shape*, and *Focus on the Family*. She is a regular contributor to *The Huffington Post*, *HopeAfterDivorce.com*, *eHarmony.com*, *FamilyShare.com*, and *DivorcedMoms.com*, and recently appeared on NBC's *The Today Show*.

Monique lives in Atlanta, Georgia, with her husband, Justin, and her two children. In her free time, she enjoys being outside, traveling, boating, reading books and taking photographs.

For more information, please contact:

Monique A. Honaman

770.855.7225 / Monique@HighRoadLessTraffic.com

www.HighRoadLessTraffic.com



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TV & Radio Interviews / Speaking Engagements

June 2013: **The Forgiveness Project Radio Show**

April 2013: **The Today Show on NBC**

November 2011: **Women in High Def Radio** Divorcing with Dignity

November 2011: **Outreach Today Radio** Navigating Divorce: How to Survive and Thrive

September 2011: **Dr. Annie Abram Blog Talk Radio** (2-part series)

August 2011: **Visions Anew** (3-part series with Margot Swann, Founder of Visions Anew)

July 2011: **ExFactor Radio Show** with host Andy Pearson

March 2011: **King County Collaborative Law Group** (webinar highlighting the collaborative process)

February 2011: **Girlfriend We Gotta Talk Radio Show**

January 2011: **Women on the Move** with Jennifer Green Newstalk 1160

December 2010: **Small Business Development Center Women's Luncheon**

August 2010: **WMP Michigan Off the Bookshelf** with Greg Bullen

August 2010: **High Velocity Radio Show**

On-going: **Stephen Minister Continuous Learning** (How to be a Caregiver for Someone Going Through a Divorce)

On-going: **Single Ministries / Divorce Care Ministries** (Inspiration and Advice for Moving Forward)

Print Interviews

January 2013: **Match.Com** ... "Revenge of the Ex"

August 2012: **Focus on the Family** ... "How to Recognize a Marriage Crisis Before it Hits"

June 2012: **Womens Day** ... "8 Things to Never Say to a Divorcing Friend"

April 2012: **Focus on the Family** ... "Spring Cleaning Your Finances: 9 Expert Tips on Managing Money in Your Marriage"

February 2012: **The Lake Oconee Breeze** ... "Divorce: Take the High Road"

December 2011: **Best Self Atlanta Magazine** ... "35 Fabulous Finds: Things We Find Interesting in the Atlanta Area"

December 2011: **LifetimeMoms.com** ... "Should You Share Your Marital Problems with Your Friends?"

November 2011: **Always New You** ... "3 Steps After Divorce: Accept, Grieve and Grow"

October 2011: **The Local Dash** ... "Fascinating Atlantan: Monique Honaman"

August 2011: **Cutting Edge Law** ... "What if Lawyers were Peacemakers, Problem Solvers, and Healers of Conflict?"

August 2011: **Active Utah** ... "Can Facebook Ruin a Marriage?"

July 2011: **Always New You** ... "Is Anger Over Your Divorce Ruling Your Life?"

January 2011: **Sashay Magazine** ... Women, leadership, high heels, and taking the high road!

December 2011: **Chatelaine.com** ... "Is it possible to have a happy divorce?"

November 2010: **Aquarius Magazine (Dubai)/ Gulf News.com** ... Making Separation Less Stressful for your Children

November 2010: **Northside Woman Magazine** ... "Things I'm thankful For!"

September 2010: **Skirt.com** ... "The High Road Has Less Traffic"

September 2010: **Northside Woman Magazine** ... "The High Road Has Less Traffic"

August 2010: **SheKnows.com** ... "5 Common Money Mistakes that Moms Make"



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By-lined Articles

- "Do Your Actions Express Your Priorities?"
- "Same Story, Different Day"
- "You WILL get through this!"
- "How to Recognize a Marriage Crisis Before it Hits"
- "Can We Assume It's Temporary Insanity?"
- "A Divorce-Proof Marriage?"
- "Techniques to Improve Communication in Marriage"
- "Dealing with the Guilt of Divorce"
- "I Don't Want to Hurt My Wife, but ..."
- "Who Gets What in the Divorce Settlement?"
- "Better F Words: Moving Forward, Finding Forgiveness"
- "Great Sex = Great Marriage"
- "S-U-M-M-E-R Vacation: Heartfelt Advice from Your Stepchild's Mom"
- "Saying 'I'm Sorry' When You Have Done Nothing Wrong"
- "Communicate? What Makes You Think Now Will Be Any Different?"
- "Does Separation Help a Marriage or Just Make Divorce Easier?"
- "When Should You Talk About Your Divorce With Others?"
- "Would You Get Rid of Your Dog if He Didn't Do What You Wanted?"
- "Wouldn't Wish This on my Worst Enemy ... Best Thing that Ever Happened to Me"
- "When it Comes to Co-parenting, What Exactly Does 'Too Nice' Mean?"
- "If I Had to Live My Life Over, I Would Be There For Friends Going Through Divorce"
- "If Not Shown Appreciation, It Gets to You"
- "Accountability: Turn that Mirror Around and Look at Yourself!"
- "Keeping Your Head in the Game When All Hell is Breaking Loose"
- "Do You Really Want Him if He Doesn't Want You?"
- "No Sex? Try Stamp Collecting! Perhaps Sky Diving?"
- "Cultivating the Art of Gratitude: Happy AND Joyful"
- "Finding Yourself in the Friend-Zone"
- "Staying on the High Road when the Low Road is Calling"
- "The Ultimate Dating Don't: Liar, Liar, Pants on Fire"
- "Same Pond = Same Fish"
- "Do you Prefer Divorced or Never Married?"
- "What About Option 3: Widowed?"
- "The EX Word"
- "Get Married. Stay Married. All Because of a Billboard?"
- "I Have Only One Day, and I am Going to be Happy In It"
- "Do This For You: Step Outside Your Comfort Zone"

Featured Contributor

- Around About Cumming
- CupidsPulse
- DivorcedMoms
- The D Spot
- eHarmony
- Enterprising Women
- FamilyShare
- FizzNiche
- The Huffington Post
- The One World Initiative
- Shape Magazine
- StepMom Magazine
- Womenetics

- "What is Your Dating Risk?"
- "Good touch, Bad touch, No touch?"
- "The 'Other' Woman in Seat 22B"
- "Me? The Other Woman?"
- "Anger Management & the Power of Forgiveness"
- "Sharing a Cup of Coffee on the High Road!"
- "Focusing on the Little Things"
- "Being the 'What' We Want Our Children to Be"
- "I Just Wish He Would Have an Affair!"
- "I Need More Chore-Play!"
- "Nag! Nag! Nag!"
- "Kids Need Dads!"