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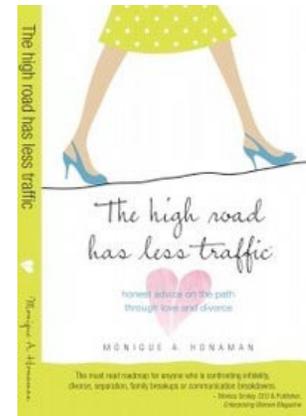
With a New Book, *The High Road Has Less Traffic*, and a New Facebook App Dubbed *Sole Mates*, Monique A. Honaman Has the Right Fix and the Right Fit for Love, Life & Divorce

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ATLANTA, GA--(Marketwire - September 7, 2010) - More than 50% of U.S. marriages now end in divorce, an epidemic that author, leadership coach and international business consultant Monique A. Honaman thinks can be cured by choosing the High Road in life. With a new book titled *The High Road Has Less Traffic*, and a [truly social Facebook app](#) dubbed *Sole Mates*, Monique wants to shift our focus away from breakdowns and breakups to a higher level of thinking and partner awareness on the High Road in love and life.

"Staring down the face of divorce, I became determined to help other women choose the 'high road' of non-destructive, optimized thinking, versus the baser instincts of retaliation and victimization," she said, Honaman's grassroots counseling efforts have grown into a local network of support. Now, with [The High Road Has Less Traffic book](#), a Website and blog at [highroadlesstraffic.com](#), and a fun Facebook App entitled *Sole Mates*, Honaman is taking her show on the High Road.



A "Must Read" Roadmap for Navigating Separation, Divorce, Family Breakups or Breakdowns.



Author Monique A. Honaman advises taking the High Road in all family matters, including divorce.

The Sole Mates Quiz on Facebook, located online at <http://apps.facebook.com/solemates> is a fun, social, personality-themed Facebook "app" that lets couples explore different attitudes as a way of trying on their personal fit and becoming more aware of different styles. As part of the launch, Onlineshoes.com, a leading online shoe store, will be offering 15% off purchases of select, brand name, high fashion footwear for those who complete the Facebook Quiz and click on a special link to shop online.



Find a better relationship fit with Sole Mates, a unique Facebook App.

Add your comments to the [Divorce and Family Issues blog](#), called BlogTalk, about dealing with the detour of divorce. "Life asks us to make decisions at every turn and how we decide defines who we are as individuals and as a society," says Monique. "We can go negative, wallowing in a swamp of low-level thinking and anxiety. Or we can raise our sights, optimize our potential, and follow a more inspired, self-affirming path. Just think what a better world we would live in if everyone practiced the high road philosophy?"

Onlineshoes.com. *Onlineshoes.com is offering a 15% discount coupon to those who check their fit with Sole Mates, the companion Facebook quiz to High Road Has Less Traffic.*

The High Road Has Less Traffic is available online at highroadlesstraffic.com and at Amazon.com for \$14.00. A portion of the book's proceeds are being donated to organizations that help women and children transition through divorce. Visit highroadlesstraffic.com for additional information and to download a free chapter of the book in print or audio.

For more information, please contact:

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