



# TANYA WHITE

## PRESS KIT

**Writing That Is Always Rated R For Being  
REAL, RELEVANT and REFRESHING!**

**Check Out Tanya's Newest  
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*This Book Is Rated R For Being  
REAL, RELEVANT & REFRESHING!*

### THE 99 MALES WHO MAKE YOUR LIFE A LIVING HELL

A Woman's Guide For  
Creating A Drama-Free  
Life While Dealing With  
Difficult Men Who  
Cause Strife

**TANYA WHITE**

### *Relationship Reruns*

How To Break The Cycle of  
Choosing The Wrong People  
For The Right Relationships

- TANYA WHITE -

### HOW TO DEAL WITH A DIFFICULT WOMAN

A Survival Guide For Dealing With the  
Most Wackiest, Wishy-Washy and  
Worrisome Women In Your Life

TANYA WHITE



# *Tanya White*

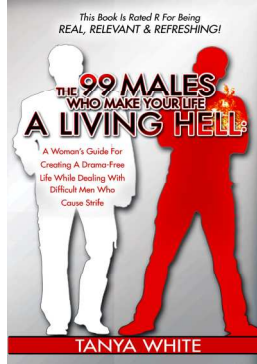


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# Tanya White

## PRESS RELEASE



***From the Casanova to the Catty Baby Daddy, the Perfectionist to the Pessimist, the Serial Dater to the Down Low Lover, These Difficult Males Can Make Life Hell***

Pinned the “Relationship Realist”, Tanya White is sure to make this September one to remember for women around the world as her new book is guaranteed to fix families, mend marriages and even encourage harmony in some of the most hellish hookups.

Whether he is your boss or boyfriend, your husband or head of the church, your father or the father of your children, throughout the pages of this humorously helpful handbook, women will have the secret relationship weapons for peacefully dealing with men who cause mess, mayhem and melodrama.

With the profound and practical tips that Tanya White offers, you will undoubtedly find yourself embracing a drama-free life even as you deal with difficult men who cause strife. You will applaud Tanya White's passion for creating healthy relationships with everyone and find yourself understanding that with a little patience, honesty and calm conflict management, difficult males really can transform into dynamic men.

For more information about *The 99 Males Who Make Your Life A Living Hell*, to request a media interview or to invite Tanya to speak at your next event to discuss topics from the book such as *The Kings Of Chaos*, *Hellish Men In Heavenly Positions* and *Girl, You Are Worth More Than That*, please call the publicity team at 502-836-9760, visit [www.tanyawhite.com](http://www.tanyawhite.com) or email [tanya@tanyawhite.com](mailto:tanya@tanyawhite.com).

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# Tanya White

## ABOUT THE AUTHOR



**Go-Getter, Trailblazer, Visionary, Trendsetter**-these are just a few adjectives that describe Tanya White. As a dynamic and though-provoking empowerment speaker, relationship expert, bestselling author and life enhancement strategist, Tanya's talks are always **RATED R** for being **REAL, RELEVANT** and **REFRESHING!**

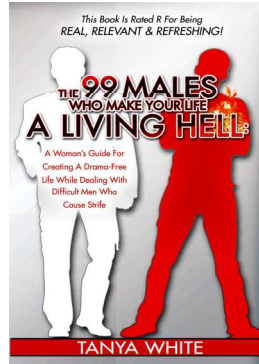
Whether she is broadcasting to thousands on her popular radio show *Real Talk With Tanya White*, speaking to hundreds or writing to thousands all over the world through her weekly internationally distributed e-newsletter *Tanya's Tips*, her purpose remains the same-to change people's "No I Can't" attitudes into "Yes I Can" actions which will eventually lead to "Yes I Did" accomplishments.

Pinned the "Relationship Realist", Tanya is the author of two bestselling books *Relationship Reruns* (2008), *How To Deal With A Difficult Woman* (2007) and is set to release her third book in September 2009 entitled *The 99 Males Who Make Your Life A Living Hell*, which is the follow-up to *How To Deal With A Difficult Woman*.

Tanya is an innovative woman on the move who continues to set high standards which generate fascinating results. Within the first four months of launching her hit internet radio show *Real Talk With Tanya White*, Tanya has quickly become one of the most popular hosts having the privilege of interviewing some of the most beloved and notable celebrities and national personalities such as Actor Darrin Henson, Actress Cee Cee Michaela, Real Housewives of Atlanta stars Nene Leakes and Lisa Wu Hartwell, Singers Kenny Lattimore, Syleena Johnson, LaShun Pace, Martha Munizzi, Shari Addison 2008 runner up BET Sunday Best and Bishop Joseph Walker, Senior Pastor Mount Zion Baptist Church, Nashville, Tennessee.

For more information about how to sign up for her newsletter, purchase her books or become a coaching client of Tanya White's, please visit [www.tanyawhite.com](http://www.tanyawhite.com).

## CURRENT BOOK RELEASE



Whether he is your boss or boyfriend, your husband or head of the church, your father or the father of your children, throughout the pages of this humorously helpful handbook, women will have the secret relationship weapons for peacefully dealing with men who cause mess, mayhem and melodrama.

This guide helps women to:

- **Identify the signs of men who are physically aggressive, sexually abusive and emotionally obsessive.**
- **Protect themselves from men who bring mediocrity, mental breakdowns and melodrama.**
- **Celebrate the 9 men who are special “K” and make life okay.**
- **Recognize the power of their femininity in order to help difficult males become dynamic men.**

With the profound and practical tips that Tanya White offers, you will undoubtedly find yourself embracing a drama-free life even as you deal with difficult men who cause strife. You will applaud Tanya White's passion for creating healthy relationships with everyone and find yourself understanding that with a little patience, honesty and calm conflict management, difficult males really can transform into dynamic men.

This book is Rated R for being *REAL, RELEVANT* and *REFRESHING!*

*Note: This Book Is Not Male-Bashing But Helping To Build Healthy, Drama-Free Interactions Between Men And Women Everywhere.*

Available at bookstores and online at [www.amazon.com](http://www.amazon.com) and [www.tanyawhite.com](http://www.tanyawhite.com).

**EXCERPT**

**SECTION 4 -  
The Men Who Cause Mediocrity**

*“Good is the enemy of great. And that is the reason why we have so little that becomes great”*, writes Jim Collins author of the 2001 bestselling book *From Good To Great*. Have you been wondering why you dream big things but have not done big things? Are you constantly surviving in life instead of thriving in your purpose and destiny? Then more than likely, you are dating or married to one of these eleven men who muddle in mediocrity.

All of the men within this section are men who women should avoid dating or marrying until they have made strides to work through the issues that are causing them to be satisfied with mediocrity. Some of the issues that men of mediocrity battle are:

- Neglect
- Abandonment
- Co-dependency
- Superficiality
- Inability to accept hearing the word no
- Being reared on minimal responsibility and low expectations

In my years of life coaching experience, I have concluded that about 95% of our unrealized potential stems from our unwise relationship choices instead of readiness or lack of opportunity. It is a universal truth that you are destined to become whoever you choose to spend quality time with sharing your dreams and intimate secrets.

***34. Baby Making Martin***

In the age of HIV, AIDS and economic uncertainty, I can not fathom why men and women still choose to have unprotected sex and unplanned pregnancies especially with people they hardly know. Nevertheless, over sixty percent of children are born out of wedlock. And Baby Making Martin is doing his absolute best to increase this epidemic.

# Tanya White

## EXCERPT (Continued)

The below poem that I wrote entitled *Baby Making Martin* creatively explains what your life is like when you decide to have a child by this man of mediocrity.

*Baby Making Martin is an irresponsible man, who loves doing the do. And even though he has many children, you still had one with him too. He gave you no support and never gave you any bread. Yet you still had sex with him and gave him a place to lay his head.*

*You are constantly being harassed by his previous ex. All because you loved being addicted to his sex. He has nothing to give and you have nothing to gain. Now you and your children struggle to overcome this unnecessary pain.*

*Baby Making Martin makes empty promises of giving you a better life. But it is only a joke to him because he really has no intentions of making you his wife. He lives with baby mama number one on the north, and on the weekends, he sleeps with numbers two and three who both stay on the south. And even when he is spending his late nights talking to you, the words “You know I love you girl. Please have another baby with me.” have the nerve to come out of his mouth.*

*It may take you one, two even ten years to get Baby Making Martin completely out of your system. But occasionally your body screams for one more night of ecstasy even though he is getting ready to have yet another baby but this time by your best friend Kim.*

*You constantly pray that one sweet day Baby Making Martin will be a distant memory. You wonder why you were so blind and the truth you did not see. However, you will eventually be free to rejoice and stand tall. Then true peace and productivity will come as you finally realize that Baby Making Martin was really no good for you at all.*

### ***How To Deal With Baby Making Martin***

My sister, realize you are worth more than being a notch on this fools’ baby making headboard. Do not ignore the fact that Baby Making Martin already has a tribe of offspring whom he has trouble providing for financially and emotionally. Kids require a planned investment of cash, commitment and caring none of which Baby Making Martin has exemplified with you or his other harem of baby mammas who love his drama.



**EXCERPT (Continued)**

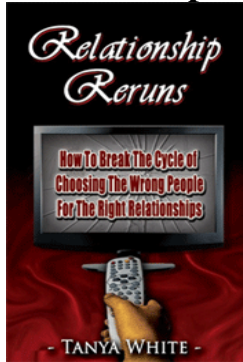
In order to maintain your sanity, then you should:

1. **See past the temporary feelings of sexual and relationship euphoria—Baby Making Martin** knows exactly how to satisfy you sexually. But his devotion is fleeting as well as manipulative. He can not truly commit to a healthy monogamous relationship with anyone. Avoid confusing his physical gratification with his ability to have a healthy and loving association.
2. **Stop thinking that the mother of his other children are drama mammas who are jealous of you and your relationship with Baby Making Martin—**He feeds your ego by creating drama between you and his other baby mammas. He loves accusing them of being jealous of you because they are still heartbroken over the breakup. But do not believe his hype. The other mothers who bring him drama are only performing from the scene from the script he feeds them. Baby Making Martin is the writer, producer and casting director of every chaotic scene that you watch. Turn the channel and stop participating in this relationship rerun.
3. **Avoid playing house—**All too often Baby Making Martin creates this illusion that he is committed to you and the children you have together. So in return, you will move him into your house, watch his other children while he is out having fun and even pay his bills. **STOP THIS FOOLISHNESS!** Do not play house by allowing him wifely privileges without a husbandly commitment.
4. **Realize his motives behind making a baby with you—**Baby Making Martin really wants to have a hold over your mind and emotions. He knows that when you have sex with a man you are developing emotional soul ties that are extremely hard to break. This foolish man is also wise enough to cater to the maternal side of you. Even though you are not officially his wife, you will be connected to him in somehow for the rest of your life because you have birthed a child with him.



## MORE BOOKS BY TANYA

### Relationship Reruns



Paperback: 180 pages  
Publisher: AAA Publishing (June 30, 2008)  
Language: English  
ISBN 13: 098168470X  
ISBN 10: 978-0981684703

From the fear of Living Single to being blinded by the money generated from Working 9 to 5, being trapped in a relationship rerun is extremely frustrating and emotionally draining. If you find yourself in an irritating cycle of unwanted, unsatisfying and unhealthy relationship patterns year after year, then this book is sure to break the chains that keep you bound to having the wrong people in your life.

Tanya White helps you bring your series of relationship reruns to a screeching halt. “At the root of every disappointment, delayed dream or emotional and financial destruction that occurs in our lives we can usually attribute it to us granting the wrong people access into our lives”, says Tanya in her sophomore project *Relationship Reruns*. “Your decisions can create perpetual peace or a lifetime of unnecessary destruction, depression and devastation.”

If you are stuck in a never ending cycle of unhealthy dating relationships, unwanted friendships, unproductive business relationships, unsatisfying jobs and Church relationships then *Relationship Reruns* is the Oscar winning script you need to recast the supporting characters in your life.

Tune into the hot new book *Relationship Reruns* for non-stop episodes and plans of action which have the perfect combination of unique practicality, humor and honesty. Plan your series finale of repeated seasons of unproductive, unwanted, unsatisfying and unhealthy associations. This summer when the networks are beginning their reruns, yours will surely end after reading this life changing new book!

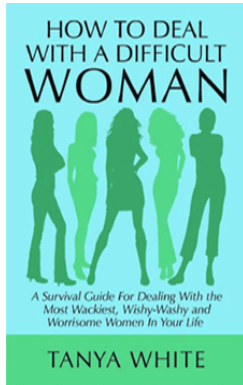
### PRAISE FROM A READER

**4 Stars!** I bought into her advice, finding it practical and easy to incorporate. For a knowledgeable and piercing look at your relationships and how to make them better, this book is one to have. - *Brenda M. Lisbon of The RAWSISTAZ™ Reviewers*

Available at bookstores and online at [www.amazon.com](http://www.amazon.com) and [www.tanyawhite.com](http://www.tanyawhite.com),  
[www.Blackchristianbookcompany.com](http://www.Blackchristianbookcompany.com) and [www.cushcity.com](http://www.cushcity.com).

## MORE BOOKS BY TANYA

### How To Deal With A Difficult Woman



Paperback: 100 pages  
Publisher: Author House (May 24, 2007)  
Language: English  
ISBN 10: 1434303659  
ISBN 13: 978-1434303653

Men, you can't always ignore her. Women, you can't always argue with her. Eventually, you will have to learn to deal with her! From the feisty females in your family to your obnoxious coworkers, at some point or another you have been stressed out by a difficult woman.

A difficult woman can be impossible to tolerate at times. But she does not have to sap your emotional energy. You can have peace in the midst of the wackiest, wishy-washy and worrisome women in your life.

Tanya White gives unique insight on how you can finally deal with difficult women. Throughout this book, men will finally discover how to communicate with a worrisome mother-in-law, demanding ex-wife or a man hating boss. Women will have the keys for interacting with the jealous friend, unprofessional co-worker and ruthless business associate.

By the end of this creatively humorous yet practical handbook, you'll finally get the peace that you've been so desperately longing for. A must read for men and women everywhere!

#### **PRAISE FROM A READER**

**4 Stars!** Tanya White was right on the money! She shows you a number of ways of dealing with the many different types of difficult women out there. If you've ever had trouble dealing with someone, check out the book. This is your survival guide! - **Mashawn Mickels-SBS Bookclub President**

Available at bookstores and online at [www.amazon.com](http://www.amazon.com) and [www.tanyawhite.com](http://www.tanyawhite.com),  
[www.Blackchristianbookcompany.com](http://www.Blackchristianbookcompany.com) and [www.cushcity.com](http://www.cushcity.com).

## SUGGESTED INTERVIEW QUESTIONS

- 1) **What was your inspiration for writing *The 99 Males Who Make Your Life A Living Hell*?**

I have a philosophy that about 90-95% of a person's unrealized potential and underutilized passion is not a result of being uninformed, but it is due to the unhealthy relationships, friendships and leadership positions that they continue to subject themselves to, especially women.

*The 99 Males Who Make Your Life A Living Hell* is my follow-up to my very first book *How To Deal With A Difficult Woman* which was released in 2007. This book is a conflict resolution book which educates women on how they can finally understand the reasons behind a man's difficult behavior. In addition, it empowers women with practical and effective communication tools for calmly correcting conflict with difficult men with always arguing with them, avoiding them or ignoring their behavior.

- 2) **Your 1<sup>st</sup> book *How To Deal With A Difficult Woman* was for men and women. Why is this book specifically targeted towards women?**

Women, from a very early age are programmed to believe the best, accept the bad and tolerate the absolute worst from a man solely because of his gender. The media, movies, magazine articles, the church and even close friends have subconsciously engrained in the minds and motives of women that we deserve the difficult treatment that some men display.

For example, oftentimes when a husband cheats on his wife, the woman is convinced that he did so because the wife was not meeting his needs. A woman who is being mistreated, belittled or disrespected by her male leader is most oftentimes coerced into believing that his actions are due to her inability to submit to authority.

So, as a result women incorrectly accept the blame and tolerate being in unhealthy relationships and environments. This book dispels those myths and empowers women to set boundaries and calmly confront the conflict that she is having with one or all of the 99 males who are making life a living hell.

- 3) **What is your background in working with or relating to difficult males?**

Besides my real life experiences in dealing with some difficult males from dating relationships, in business situations as well as serving as a female minister/church leader in male dominated organizations, for the past 11 years I have also worked as an educator in the public school system. I teach students with learning and behavior difficulties. These classrooms are predominately filled with males, particularly African-American males who have not learned how to interact with people properly or to handle conflict effectively. So I have to utilize proper conflict resolution, de-escalation and communication strategies with students who can be very hard to handle.

## SUGGESTED INTERVIEW QUESTIONS (Continued)

- 4) **From the title, most people may assume that this is another male-bashing book. Is this book a negative male-bashing book?**

No, this is definitely not a male-bashing book. The title grabs your attention and may rustle some feathers. But, I never say that **ALL** men are difficult. On the contrary, I have only highlighted **99 difficult males** out of the estimated **138 million dynamic men** who are in the United States alone. However, this small segment of the population is causing a huge stagnation in the lives of millions of women.

I am all about empowering people with the tools they need to cultivate healthy whole relationships between all people, especially between men and women. One facet of developing healthy relationships is to address difficult conflict while adjusting your approach to de-escalate tension and avoid increasing unnecessary drama.

- 5) **You make a clear distinction between a male and a man. Explain your philosophy of these terms.**

There is a very clear distinction between being a male and a man. Males are characterized simply by their gender. Men are characterized by their emotional growth, giftings, generosity and the gratitude they display towards God, themselves and other people. Males masquerading as men are usually the ones who make your life a living hell.

- 6) **You divide the 99 males into 9 specific categories. Identify some of these 9 categories and briefly explain several.**

The 99 males are divided into 9 categories that progress from men who cause mildly irritating difficulties to severe life disruptions. Each profile in the categories highlights the signs and symptoms of their difficult behavior as well as gives practical tips on how you can calmly and effectively deal with them.

They include:

- ***The Men Who Cause Misbehaviors*** that are inappropriate and minor discomforts. Males such as the False Accuser, the Know-It-All and the Gossip fall into this category.
- ***The Men Who Cause Mix-ups*** bring about brief states of confusion in your life. The Liar, the Casanova and the Relationship Rebounder are examples in this category.
- ***The Men Who Cause Messes*** such as the Conflict Avoider, the Perfectionist and the Unavailable Man create clutter, trouble or disorder.

## SUGGESTED INTERVIEW QUESTIONS (Continued)

- *The Men Who Cause Mediocrity* love encouraging or even manipulating you into living life beneath your potential and passion. The Baby Maker, the Serial Dater and the Whiner are some profiles in this section.
  - *The Men Who Cause Malfunctions* are masters at causing you to operate outside of your intended purpose such as the Disappearing Daddy, the Mama's Boy and the Tyrant.
  - *The Men Who Cause Melodrama* frequently behave out of exaggerated emotionalism for the sole purpose of receiving attention or sympathy. Great examples are men such as the Catty Baby Daddy, the Hypochondriac and the Codependent.
  - *The Men Who Cause Misery* create a perpetual state of suffering, unhappiness or emotional distress. The Misogynist, the Opportunist and the Super Spiritual man are the culprits in this section.
  - *The Men Who Cause Mental Breakdowns* push you towards a sudden collapse of mental wellness and cause several areas in your life to fail simultaneously. The Drug Addict, the Adulterer and the Alcoholic are profiled here.
  - *The Men Who Cause Mortality* are those such as the Down Low Lover, Emotional, Spiritual, Sexual and Physical Abuser as well as the Stalker are the ones who cause lifelessness emotionally, spiritually or even physically.
- 7) **In the book, you also remind women to celebrate the 9 men who you identify as being special "K". Name 4 of these men.**

Yes, I identify nine gentlemen who I call Special "K" because just like the Kellogg's cereal, these men are an excellent source of healthy as well as satisfying emotional, mental and social nutrition. These men make your life "A" okay because they offer physical protection, emotional stimulation, wise insight and practical life success strategies.

These special men include what I call the Knowledge Supplier who serves as a rich source of information. The Key Provider is usually in a position to offer open doors of opportunities for your advancement. Without any ulterior motives, this man becomes a trusted and effective mentor. And the Kudos Giver who is the first to send an e-mail, place a phone call or mail a card of congratulations when you have achieved a major accomplishment.

**SUGGESTED INTERVIEW QUESTIONS (Continued)**

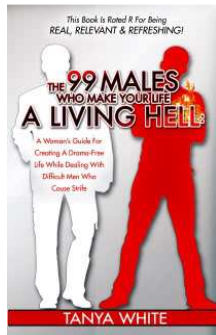
- 8) **You close the book with a powerful illustration to Dorothy, the lead character in *The Wizard Of Oz*. Briefly explain what Dorothy teaches women about dealing with difficult males.**

I chose to close the book with this dynamic illustration of Dorothy because I truly believe that she is an awesome example of what women were created to do in the lives of men. As women, we were born and built to birth people in the midst of a painful experience. Dorothy met three difficult males, (four if you include the Wizard), who tested her patience but were an integral part of her purpose.

These men suffered from issues such as fear, insecurity, doubt, a distorted life vision and a blurred perception of their self worth. But despite their issues, Dorothy invited on her journey so that they could also receive the help they needed to overcome their paralyzing issues. She saw that these men desperately needed her assistance to stay on the right path in order to reach the Wizard.

Dorothy from *The Wizard Of Oz* is a great example of how women play an instrumental role in a difficult male becoming a dynamic man. It takes a unique, confident yet humble woman to look past a difficult man's faults to truly understand his needs. Yet ironically, what every difficult man needs is a woman to help and not hinder him from becoming the best man that he can be.

# Tanya White



## SPEAKING TOPICS

To book Tanya for speaking/teaching engagements, interviews, book signings, tour events and online chats, please email [tanya@tanyawhite.com](mailto:tanya@tanyawhite.com) or visit her on line at [www.tanyawhite.com](http://www.tanyawhite.com). For Christian audience Tanya will reference women from the bible who dealt with similar topic situations.

**The Kings Of Chaos:** Identifying and Dealing With the Men Who Cause Misery, Malfunctions and Melodrama.

**Hellish Men In Heavenly Positions:** How To Recognize and Rectify Spiritual Abuse and Church Hurt.

**Why Is He So Obsessed With Me?:** The Signs, Symptoms and Different Types of Stalkers, Rapists and Sociopaths.

**If It Isn't Love, Then Why Is He Really With Me?:** How To Avoid Womanizers, Serial Daters and Commitment Phobics.

**Mediocrity Is Contagious:** The 11 Men Who Encourage You To Live Life Less Than Your Very Best.

**You, Me and Her-The Blueprint Of A Mama's Boy:** How To Stop the Comparisons Without Creating More Chaos.

**The Danger Of Your Anger:** How To Manage Your Anger and Calmly Confront Conflict.

**It's Not Your Fault:** Letting Go Of Your Guilt Of His Addiction.

**Girl, You Are More Powerful Than You Think:** Understanding the Power Of Your Femininity.

**Girl, You Are Worth More Than That:** Understanding Your Self Esteem and Self Worth.

**What A Man!:** Celebrating the Men Who Are Special "K" and Make Your Life Okay.

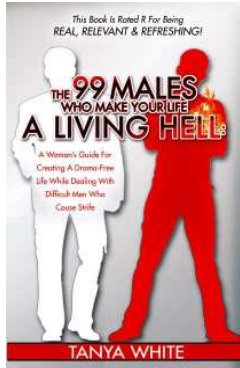
**From Difficult Males To Dynamic Men:** 10 Terrific Ways Women Can Help Men Instead Of Hindering Them.



# Tanya White

## MEDIA APPEARANCES

### The 99 Males Who Make Your Life A Living Hell Book



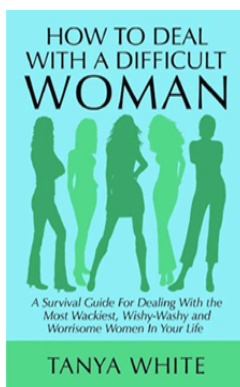
- [Divine Woman A Change Interview](#)
- [Talk About It Today With Mo Stegall](#)
- [An Incredible Moment With Darnyelle Jervey](#)
- [Woman 2 Woman With Jaime Rohadfox](#)

### Relationships Reruns Book



- [A Word For You Radio Show](#)
- [Chocolate Pages With Pam Perry](#)
- [The Spike Spillberg Show](#)
- [The Onyx View With Toyi Ward](#)

### How To Deal With A Difficult Woman



- [Radio One's Authors Week With Niecy Davis](#)
- [Afternoon Jamz With Paul "PA" Billings](#)
- [Ferguson Literary Hour With Torrian Ferguson](#)

**AWARDS AND RECOGNITIONS**

- 2009 Nominee For Business First Louisville's Top Forty Under 40
- 2009 Feature In Today's Woman Magazine Article *Women We Love*
- 2008 Honoree In The Who's Who In Black Louisville Directory
- 2008 Feature in Elect Lady Magazine Article *25 Beautiful and Successful Singles*
- 2007 Honoree In The Who's Who In Black Louisville Directory
- 2003 Feature In Today's Woman Magazine Article *Wise Decisions*

# Tanya White

## OTHER ENDEAVORS BY TANYA



Executive Producer/Host Of The *Real Talk With Tanya White Radio Show*  
[www.blogtalkradio.com/realtalkwithtanyawhite](http://www.blogtalkradio.com/realtalkwithtanyawhite)



Writer of *Tanya's Tips* Weekly International E-newsletter  
[www.tanyawhite.com](http://www.tanyawhite.com)



Blogger For *Onyx Louisville*  
[www.onyxloouisville.com](http://www.onyxloouisville.com)