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Miss Becky's Charm School
Using Southern Belle Secrets to Land Your Man

By **Becky Rutledge**

Scarlett O'Hara knew how to charm Rhett Butler, and Rhett Butler was no easy egg to crack! One can even say that Scarlett wore the pants in their relationship, although she wouldn't let Rhett know this! For all their legendary helplessness, Southern belles were, and still are, some of the most empowered and assertive females out there. They know what they want out of life and go get it, but in a very suave and charming manner. Southern belles use this sort of approach to their pursuit of men as well, and the power they wield over men is tremendous! Even more so because Southern belles give their men the *illusion* of being in control in relationships.

Author Becky Rutledge has decided to divulge the legendary secrets behind the Southern belle's method of holding a gentleman under her sway. Her approach is practical and accessible to any woman- Becky starts off with a quiz to determine what type of man that a woman is looking for. Then, she points out how to separate the "possums from the bunnies", or how a woman can identify the particular man that she is pursuing. Lastly, Becky realizes that a woman can't charm a man unless she knows what type of woman she herself is, and to take advantage of her individual strengths. Enter the "Picture Yourself as a Southern Belle" quiz...

The remainder of *Miss Becky's Charm School* is chock full of delicious tidbits describing the art of landing a man, Southern belle-style. From the art of flirting, to a guide to dressing "tastefully trashy", to charming a man's family, and to using sex to one's advantage, Becky's guide covers all bases of a Southern belle's courtship. Plus, the reader will finally learn what a "deviled egg platter" actually is, and how to take advantage of that timeless adage, "The way to a man's heart is through his stomach", with tried-and-true recipes for Southern comfort food.

Becky Rutledge is a clinical psychologist who owns her own practice in Memphis, Tennessee. She specializes in couple's therapy, but also works with teenagers, families, and individuals. Becky has been a columnist for the Junior League, and has a column "Ask Dr. Becky" that appears in Arkansas' *Crittenden County Good News*. She received her Ph.D from the University of Memphis and has written five psychology self-help books. She is currently working on her second charm school book on how to get rid of a man if he isn't the one.

October 2007 • Self Help • Paperback • 256 Pages
\$12.95 • ISBN: 0806528257