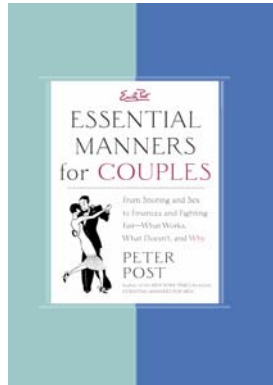




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Essential Manners for Couples: From Snoring and Sex to Finances and Fighting Fair—What Works, What Doesn't, and Why
by Peter Post

BURLINGTON, VT— From the man who closed the lid forever on the toilet seat debate comes the book that paves the way for couples everywhere to fix relationship problems before they start—thus completely eliminating the need for relationship self-help hucksters the world over.

Essential Manners for Couples: From Snoring and Sex to Finances and Fighting Fair—What Works, What Doesn't, and Why, (Collins; Nov., 2005; \$21.95) is Peter Post's latest look at manners and relationships from his unique perspective. Herein find the secrets to a long and happy marriage or partnership—without psychoanalysis or prescription medication. Couples' most mischievous manners foibles (his own included) are recounted through the author's self-deprecating humor, clarity and wit.

“For many people the spouse or significant other relationship is THE most important in life. Why wouldn't we do everything possible to make it succeed?” asks Post, who has been married for 32 years. “The key to making a relationship work is committing to communication and compromise—that's the real essence of etiquette,” continues Post.

“One of my favorite sayings about etiquette is, ‘It doesn’t matter which fork you use, what matters is that you use a fork.’ The itty-bitty rules are secondary, but the fundamentals are essential.”

Essential Manners for Couples, the follow-up to Peter Post’s New York Times bestseller *Essential Manners for Men*, looks at couples’ private lives—how they deal with each other, and their public lives—how as individuals and as a couple they deal with everyone else. He reveals the most common “flashpoints”—places, situations and times when inconsiderate behavior is most likely to invade your blissful coupledness. These are paired with “etiquette imperatives”—simple truths and concise nuggets of advice not to be ignored. For example, beware of playing “coach” to a significant other. It gets you into hot water. Be it golf swings, rock climbing, sautéing or yoga positions, you can ignite a slow burn with just a few poorly chosen “words of wisdom” based on your “expertise.” Of course you know why your partner tops the ball—but leave it to his golf pro to explain and focus on what he is doing well instead. After all, Post points out, your goal is to share the activity and enjoy the time together.

The anecdotes from *Essential Manners for Couples* are based on Emily Post Institute surveys, Post’s years of fielding thousands of etiquette questions, shared stories from couples he has met on tour, and his experience as a husband and father.

Topics covered in *Essential Manners for Couples* include:

- Permissive flirting: defining your parameters and enjoying verbal combat with the opposite sex.
- How to socialize when you hate his or her friends.
- Take the chore test—are you really divvying up the workload fairly?
- When children enter the picture: how spending time as a couple can make you better parents.
- The etiquette of sex—getting beyond the headache excuse.
- Interactions with each other’s family—smooth merge or crash and burn? How to navigate the holiday visits with family.
- Your other significant other: how to balance work with your private life. Remember—work doesn’t love you back.

- Creating a different mindset for marking special occasions—tips for handling birthdays, anniversaries, weddings and other milestones with sparkle and style.

Essential Manners for Couples is a must-have resource for the couple who wants to celebrate their union and strengthen it—as well as a must-read for anyone looking to pair up. The book explains how to enhance relationships, head off hostilities and cultivate that all-important relationship with the significant other in our lives. As Post reminds us with a chuckle, “It’s often the little things that spell devotion—or disaster.”

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About the Author:

Peter Post is the great grandson of Emily Post and a director of the Emily Post Institute. *Essential Manners for Couples* is his third etiquette book. Peter pens two ongoing business etiquette Q & A columns: the weekly “Etiquette at Work,” which runs in the Boston Sunday Globe (and is syndicated by the New York Times) and the monthly “Professional Courtesy” in *Men’s Health*. Since the release of *Essential Manners for Men* (2003), Peter has done more than 500 media interviews on men’s manners (or lack thereof). He conducts business etiquette seminars for companies across the country. Peter has been a teacher, an artist, a newspaper reporter and he’s owned and run a marketing agency for 20 years. He holds a master’s degree in fine art from Pratt Institute and a bachelor’s degree from the University of Pennsylvania. Peter has two grown daughters and has been married (to the same woman!) for 32 years. He and his wife Tricia live in Charlotte, Vermont, and together make a very courteous couple.

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