

## New Inspirational Book Offers Solution to Unhealthy Relationships!

Hamilton, New Jersey, May 14, 2009---Ever wonder why so many relationships, even those that begin on a healthy note, ultimately end in turmoil? Richard Watkins, author of *The Ultimate Alternative: When One Chooses Lust Over Love*, has the answer. “A lot of it is because people choose unhealthy, lustful relationships instead of those rooted in the love of Jesus Christ,” he says. *The Ultimate Alternative: When One Chooses Lust Over Love* examines the myriad of reasons why people make such a disastrous choice and end up ruining what could have been a healthy relationship.

Watkins says that for many of us, the key to making sound relationship choices lies in overcoming the dysfunctional backgrounds many of us were raised in. “Not everyone is set up to succeed from the word ‘go,’” says Watkins, “But if we have a growing, thriving personal relationship with Jesus Christ, He will give us healthier, peaceful, and more stable lives filled with His love that we can share with our mates.”

According to Watkins, anyone, regardless of age or gender, will be able to relate to this book. “In all likelihood, you’ve either been through the experiences depicted in the book, or you know someone who has,” he says. In fact, Watkins himself knows firsthand what it means to be in out-of-control relationships. Having bowed gracefully to defeat many times, Watkins has since learned to actively pursue a healthier, God-centered lifestyle, a lesson he teaches all who read *The Ultimate Alternative: When One Chooses Lust Over Love*.

For more information that is the subject of this release, contact Richard Watkins, or visit <http://www.lulu.com/content/paperback-book/the-ultimate-alternative-when-one-chooses-lust-over-love/7147224> or <http://www.lulu.com/content/7147224>.

About the Author: Richard Watkins holds both an Associate’s Degree in Law Enforcement and a Bachelor’s Degree in Criminal Justice. As a former college wrestler and high school football captain, he has coached the children in his community in both sports. Richard is deeply rooted in the belief that Jesus Christ is the Son of God, and is eternally grateful to his God-fearing family who raised him to be the man he is today. He is blessed with a beautiful God-fearing wife who supports him in all his endeavors. He and his family reside in Hamilton, New Jersey.

Contact: Richard Watkins

Address: 83 Linden Avenue, Hamilton, NJ 08610

Phone: 609-802-1321

Email: [rwatkins003@verizon.net](mailto:rwatkins003@verizon.net)

Links to book: <http://www.lulu.com/content/paperback-book/the-ultimate-alternative-when-one-chooses-lust-over-love/7147224> or <http://www.lulu.com/content/7147224>.