

Dear :

Is finding your soulmate really as simple as swiping right? Dr. Carmen Harra, a world-renowned psychologist and relationship expert, can help your audience find clarity when it comes to seeking companions. She explains, through her thorough research into seven personality types, how we can manifest and attract authentic connections with others in her new book, *Committed: Finding Love and Loyalty Through the Seven Archetypes*.

Please see the press release below, and let me know if I may schedule an interview with Carmen Harra, who makes a compelling guest. I'd also be happy to send you a copy of *Committed* in consideration of a review or feature. To hear Carmen elaborate on her book's theme, please visit <https://www.youtube.com/watch?v=9OkK01WFIVw>.

Thank you.

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FOR IMMEDIATE RELEASE

Understand the 7 Archetypes and Finally Meet Your Match

“Commitment can’t be forced, scheduled, or altered. It either comes from the heart or it doesn’t.” —Dr. Carmen Harra

Miami, FL, October 14, 2021 — What does your dream relationship look like? Perhaps you're looking for a fairy tale, or a lifetime of financial stability, or just the “perfect” partner to grow old with. You may have already created a “type” in your mind, and you're looking for the person who checks all the boxes. But what if this approach to love is wrong?

Preconceived standards and expectations about relationships can be misleading at best and flat-out harmful at worst, explains world-renowned psychologist Carmen Harra.

Whether you're entering the dating scene for the first time, starting over or hoping to strengthen a current relationship, Harra's new book, *Committed: Finding Love and*

Loyalty Through the Seven Archetypes, will prompt you to reevaluate the way you think about love — and ultimately make better choices.

“Before you can find a devoted partner, you have to unlearn other people’s versions of love and relearn your own,” she said.

In *Committed*, Harra and co-author and daughter Alexandra Harra, who is a certified relationship coach, explain the seven main archetypes we all encounter, the promises they hold and the challenges they pose to relationships.

The first part of *Committed* is devoted to the work we need to do on the inside, and readers will learn how to reexamine core beliefs they hold, clear karmic patterns, heal any emotional trauma, liberate themselves from people who no longer serve them and develop an unshakable sense of self-worth.

The second half of the book teaches readers how to identify archetypes in others and themselves, navigate the world of online dating, build emotional intimacy, mediate external influences and apply real-world solutions to resolve relationship problems.

Ultimately, *Committed* aims to help you find and keep the love you deserve: an authentic, impassioned relationship that fills you with excitement each morning and puts your mind at ease every night.

Carmen Harra is an intuitive psychologist, best-selling author, radio show host and relationship expert. In the past 25 years, she has helped over 40,000 people rediscover peace of mind, reclaim personal power and regain joy. Her clients come from all walks of life, from the lady next door to Hollywood celebrities and eminent politicians. She’s the author of international best-sellers like *Everyday Karma*, *Decoding Your Destiny*, *The Eleven Eternal Principles*, and *Wholeness*, among others. Carmen has been featured in such publications as *The New York Times*, *New York Post*, and *New York Daily News*, and on shows like *Good Morning America*, *The View*, *Good Day New York*, the *Today* show, and *Fox News*. She currently hosts *Miracle Guidance for Everyday Life* every Tuesday on OMTimes Radio.

Alexandra Harra is a certified life and relationship coach and author, while also boasting commendable career accomplishments as a writer. She writes regularly for renowned publications such as *The Huffington Post* and proactively aids her mother's mission to bring joy and love into people's relationships.

For more information, visit www.CarmenHarra.com, or follow the author on Instagram ([carmenharra](#)) or Facebook ([DrCarmenHarra](#)).

Committed: Finding Love and Loyalty Through the Seven Archetypes

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Reviews, photos, links to previous interviews and Q&As are available upon request.

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