

## Biographical Profile

Sheryl P. Kurland

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### AUTHOR:

*“Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years Or More”*  
(ISBN 978-0-615-13997-5)

Dr. Laura (Schlesinger), of the famed Dr. Laura Radio Show, chose *Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years Or More*, as her 2006 Valentine’s Day book selection, heralding the book as *“Terrific...Amazing...I think this says it all....This is a beautiful, touching, informative book. People who’ve been married over 50 years...obviously they know how to do it.”*

Sally Jessy Raphaël called *Everlasting Matrimony*, *“The perfect gift for someone who is getting married, or for an anniversary, or the best gift for someone who is married 50 years or more...They’re never going to get another gift like this...It’s a work of art.”*

Actress and radio host Leeza Gibbons spotlighted *Everlasting Matrimony* on her radio show *Leeza Live!*, stating *“Five decades when some people can’t even get to five dates...I love this book. It’s beautiful. It’s the book version of ‘When Harry Met Sally.’ If you’re starting out in a marriage, if you’re celebrating your marriage, if you have people in your life that want to celebrate their commitment to each other...It’s a beautiful book.”*

In *Everlasting Matrimony*, a coffee-table book, Sheryl interviewed 75 couples married 50-plus years (husband and wives were interviewed separately) to discover the formula for lifelong, fulfilling and loving relationships from the “real-life” relationship experts. The couples reside across the U.S. and represent a “sprinkling of America,” from all different faiths, ethnicities and backgrounds.

*Everlasting Matrimony* has been cited extensively by an array of media – radio, TV, magazines and newspapers – throughout the country. Accolades have come from KGO-AM (ABC Radio), 810 Newstalk (San Francisco, CA); The Wall Street Journal, nationally-syndicated newspaper columnists Susan Reimer and Leslie Whitaker; The Baltimore Sun (MD); The Orlando Sentinel (FL); The Inquirer (PA); Buffalo News (NY); The Times Herald (NY); The Tennessean (TN); Trenton Times (NJ); The Gazette (CO); The News & Observer (NC); The Jewish Journal of Greater Los Angeles; The Christian Chronicle; Family Digest Magazine and Final Call (African-American publications); Arizona Bride Magazine; GRAND Magazine (seniors); Ivanhoe Broadcast News TV; and Retirement Living TV - “The Voice.”

### BUSINESS FREELANCE WRITER:

As a professional business freelance writer, Sheryl’s clients have included major corporations such as Black & Decker, DavCo Restaurants (the Mid-Atlantic’s Wendy’s Restaurants), T. Rowe Price, Legg Mason, Johns Hopkins Medical Center, Maryland Port Administration, Sinai Hospital, University of Maryland Medical Center, RDV Sportsplex, Ryland Corporation (Ryland Homes), and AEGON, USA. For these companies and others, and in combination with her extensive marketing and public relations expertise, Sheryl has composed annual reports, newsletters, brochures, press kits, trade show displays, direct-mail pieces, advertisements, speeches, and sales presentations. Additionally, her works have been published in numerous magazines and newspapers, both bylined and as a ghostwriter for clients.

**COLUMNIST:** Sheryl writes “Back-Talk!,” a newspaper and magazine relationship column with a unique twist: couples married 50-plus years answer reader-submitted questions on relationships and marriage, with the husband and wife providing separate responses; in other words, there are two responses/perspectives for each question. Back-Talk! is featured at BoomerCafe.com (headed by former CBS News correspondent David Henderson and ABC News correspondent Greg Dobbs), ClubMom.com (co-founded by Meredith Vieira, co-host of NBC’s Today Show,

and actor/social activist Andrew Shue), and GetReadyForLove.com. The column name – Back-Talk! – is a play on words. Readers benefit from the “time-tested” experience of long-married couples looking retrospectively over decades of lessons learned. The title injects a bit of wit, a slap-on-the-wrist per se, because talking back to our elders is bad manners. Yet, in Back-Talk!, the reverse is prized!

**SPEAKER:** Since “developing strong, healthy relationships” is a topic with widespread appeal, Sheryl has been invited to address a diversity of audiences – corporations/businesses, community organizations, professional associations with memberships of both men and women, college students, religious organizations, senior citizens and even the deaf. Presentations/workshops are user-friendly and customized to audience interests and ages. The tone, however, of all programs is engaging, educational and entertaining. Topics include:

- *The Toilet Seat Dilemma: (Up? Down) Truths & Myths On Lasting Relationships*
- *Belch, Fart, Diss – How The ?!\*!?! Did I Marry This?*
- *Reconcilable Differences: Getting Beyond “I’m Right! You’re Wrong!”*
- *The Little Black Dress: Shop Your Way To A Better Relationship*

**DESIGNER:** Sheryl created *Everlasting Matrimony* stationery notecards with quotations of couples – marriage tips – from couples in her book along with their nostalgic black-and-white photographs. The notecards give time-tested advice for the time-constrained!

**PERSONAL:** Unlike many authors in the “relationship” genre who are either divorced, have had multiple failed marriages, or have never been married, Sheryl is happily married and resides with her first and only husband of 17 years in Longwood, Florida. They have one daughter. Sheryl is a graduate of the University of Georgia.

**WHAT’S NEXT?:** Sheryl is currently developing *Belch, Fart, Diss – How The ?!\*!?! Did I Marry This?*, a lessons-learned “handbook” based on the research in *Everlasting Matrimony*, and another book, *101 Marriage Traditions*.