

# “The Uncommon Sense on Dating,” Helps Readers Navigate Relationships

*Christina Roberson, life coach and author, releases new book*

CHICAGO, ILLINOIS, UNITED STATES, May 31, 2023 /EINPresswire.com/ -- “The Uncommon Sense on Dating: Relationship Makers & Breakers 30 Daily Doses of Uncommon Sense” ([https://www.amazon.com/dp/B0C5G9ZMY5?ref=cm\\_sw\\_r\\_apin\\_dp\\_WCCW0VPSZD3S\\_Q2PF1WBE](https://www.amazon.com/dp/B0C5G9ZMY5?ref=cm_sw_r_apin_dp_WCCW0VPSZD3S_Q2PF1WBE)) is a new guided journal to help readers reflect on and navigate their love lives and is now available on Amazon.

Christina Roberson is a certified life coach and has worked closely with clients to help them maneuver and work on their relationships. She was inspired to write a book that would further help people like her clients work through their emotions in an easy and guided way.



Christina Roberson

“I decided to write the book because I noticed so many clients overlooking simple signs in their relationship that required a closer look,” says Christina. “I created a collection of common sense concepts that most of us could easily forget to recognize or apply in our dating life. Then I broke them down into bite-sized, relatable mini-lessons.”

“The Uncommon Sense on Dating” helps readers better reflect on the red flags that emotions can cause them to ignore and offers advice and perspective to work through issues that are not as simple as common sense. Through a 30-day plan, the book allows its readers to focus on the day-to-day of their relationships and live in the moment.

Christina aims to simplify her readers’ outlook on dating. So often, dating becomes unnecessarily complicated, due to lingering unchecked emotions, lack of communication or boundaries and

societal expectations. She is excited for her readers to use her book to work through these complications and find clarity.

### About Christina

Christina Roberson is an entrepreneur who has worn many hats. As the current Co-Founder of Heart-Centered Matters, CEO of Legacy Leaders and a life coach, Christina has a passion for serving others. She accomplishes this by creating safe spaces, providing accountability and simply being a loving and supportive person. Through her former career in cosmetology, Christina discovered her calling for supporting and encouraging women which is what led her to life coaching. Christina knew she could make a difference by planting and watering seeds of confidence in others and so she became a Certified Professional Coach in 2011. She has since been recognized as one of The Top 10 Relationship Coaches Transforming Lives in 2020 by Yahoo Finance. Having focused her coaching on relationships, Christina, and her business partner Mary Reynolds-Clark, decided to co-create Heart-Centered Matters, a relationship education program taught to youth. Christina also founded Legacy Leaders, an inspirational apparel brand, to have more of an impact and focus on helping the youth. Christina wants everyone to have the voice she didn't find in her youth, and she does this by teaching necessary truths to a younger generation.

For more information please visit <https://thecoachchristina.com/>

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Anna Kate Womack  
The Coach Christina  
[email us here](#)

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