

Author: Tammy Melton, LPC  
Category: Christian Living  
Print ISBN: Softback – 978-0-578-52291-2  
Hardback – 978-0-578-53286-8  
Publisher: Legacy Freedom Publications

# Media Kit

[Author Bio](#)

[Book Bio](#)

[Testimonials](#)

[Target Audience](#)

[Book Excerpt](#)

[Interview Questions](#)

[Press Release](#)

[Downloadable Author & Book Photos](#)

[Contact Author](#)

# Author Bio

Tammy Melton, LPC has over 30 years experience working with people as a teacher, minister, and counselor. Tammy received her Master of Professional Counseling through Liberty University and holds ministerial credentials with Harvest Network International. She is the founder of Legacy Ministries for Christ, Inc., a non-profit ministry that offers counseling and training. She also recently started Legacy Freedom, LLC to promote true freedom from inner wounds and dysfunctional relationships.

As an author, Tammy writes a blog and has also published the book, *Loving God With All Five Senses*, that can be used by individuals or groups for spiritual growth and Bible study. As a speaker, Tammy is available for:

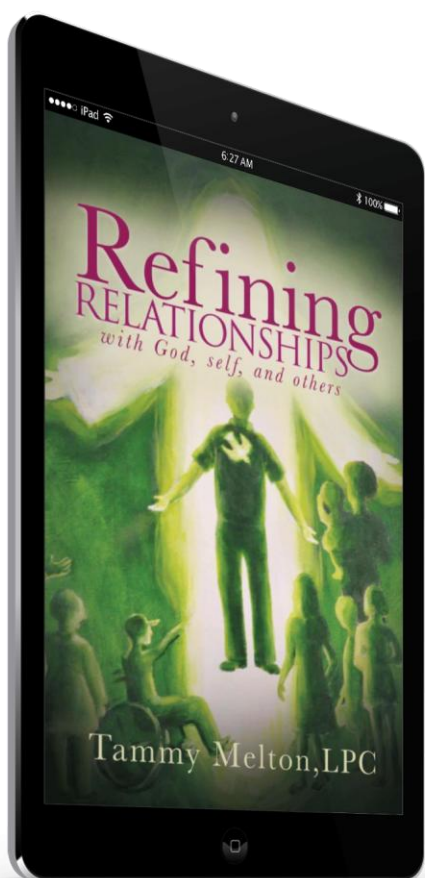
- Refining Relationships Retreats
- Inner Healing Prayer Training
- Christian Conferences
- Presentations Tailored to your Needs

Tammy has been happily married for over 33 years. Tammy and Bill live in Fayetteville, GA and have two adult daughters.



Tammy Melton, LPC





Also sold in Kindle  
ebook format!

# Book Bio

Relationships—they're one thing we all have in common. Whether your relationships are healthy or dysfunctional, they all can be refined. Relationships take work, and without deep dedication, your goals and hope of healthy relationships become only good intentions.

In *Refining Relationships*, professional counselor Tammy Melton, LPC, reveals powerful solutions to the three most important relationships in your life: God, self, and others. Her insightful and descriptive book will show you how to:

- Identify and release your hidden expectations
- Engage healthily in conflict
- Recognize and manage your anger, and more!

Though many people react to their relationships, Tammy Melton will teach you how to refine them intentionally by looking to Jesus as the purest example of health and functionality.

It's not a dream. You can have relationships that are healthy, vibrant, and strong starting today!

# Testimonials



"Tammy makes it clear that the process of spiritual growth is not an isolated journey—we need other people in our lives to help us grow."

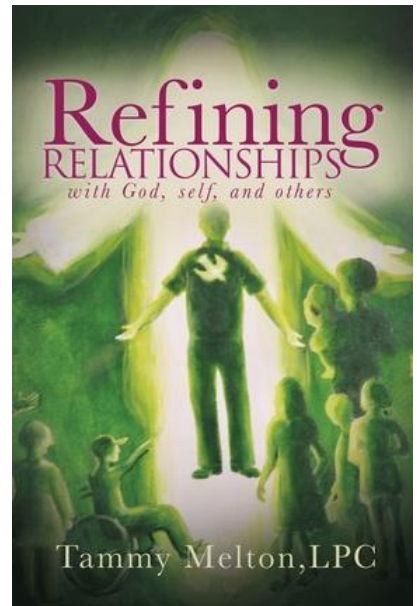
**Lee Grady of The Mordecai Project**



"A profoundly useful tool for anyone seeking lasting peace, hope and joy in relationships. Job well done!"- **Dr. Wendi Fortuchang of The Fort Christian Psychiatric Center in Fayetteville, GA**



"In *Refining Relationships*, you will find interactive surveys to assess your relationships, diagrams to visualize relational interactions and prayers to actualize the wisdom and knowledge you gain. If you read this book and implement the principles, you will be refined." – **Dr. Bob Swanger, President of Harvest Network, International**



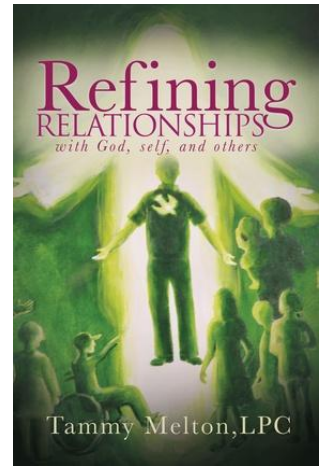
"Tammy identifies the obstacles of misunderstanding and disappointment that create barriers to better relationships. **Kenneth Koon, DMin of Armed Forces Mission**

"These relationship principles will bring healing if you're willing to walk them out. Trust me; I'm one of those set free!" **Doreen Ferguson of The River Foursquare Church**

"As a skillful teacher and counselor, Tammy stimulates her readers to desire their own personal growth and maturity." **Karen DeJong of Grace Connection Ministry**

"As you read this book, two things will happen: 1) You will feel your heart healing from previous unhealthy relationships and 2) You will no longer view your relationship through the lens of being the victim, but rather from a place of victory!" **JC Worley of GO Church in Atlanta, GA**

# Target Audience



## WHO SHOULD READ

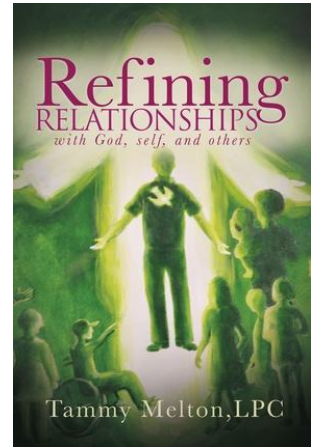
- spouses/singles
- friends
- parents
- employers/employees
- customer service representatives
- human resources professionals

## BOOK BENEFITS

- learn from self-assessments what areas need refining in your relationships
- acquire tools to help develop healthy communication skills
- overcome fear of confrontation
- experience how finding your own inner healing can help relationships even if the other person does not change



# Book Excerpt



## From Chapter 7: Dealing With Conflict

Conflict is bound to happen between two people; thus, confrontation is sometimes necessary. Confrontation usually has a negative connotation, but we can consider certain things that will help to make confrontation a positive experience. In a recent marriage counseling session, the wife was upset because the husband did not communicate with her. The husband said, “I HATE confrontation with a passion!” I said to him, “What if, instead of the two of you confronting through accusation and yelling, you could communicate with each other in such a way that brings insight and lessens misunderstandings?” His eyes lit up and he exclaimed, “I would love that!” After teaching the principles of this chapter, I mediated a confrontation between them that resulted in mutual understanding.

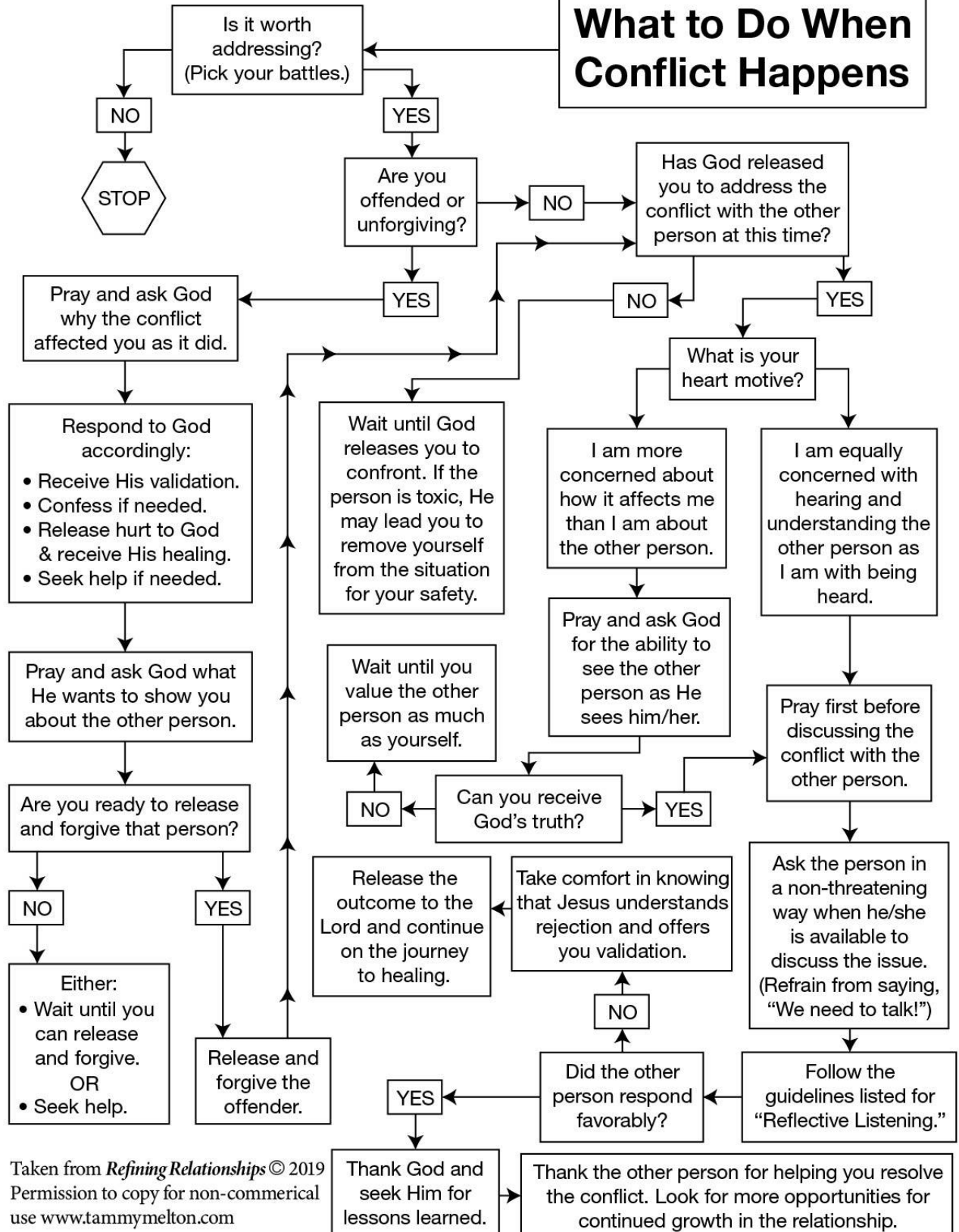
Before we confront anyone, we need to check our heart motives. I have learned to ask myself, “Am I just thinking about my own needs, or do I genuinely care as much for the other person as I care about myself?” When I am as concerned about hearing and understanding the other person as I am about being heard, I can proceed with confrontation. Genuine communication calls for mutual respect.

When I confront someone without respecting him, my confrontation can become aggressive and reveal an attitude that only my needs and desires matter. I will become haughty and unapproachable, and I may revert to using control and manipulation. On the other hand, if I approach conflict passively, I will not confront the other person at all. Thinking that the other person’s needs matter more than mine, I will defer to him when confronted and will become a “doormat” for him to walk on. The healthier option is to respect the other person *and* myself by approaching confrontation assertively. Assertiveness training teaches me that, though the other person’s needs and desires are important, my needs and desires are equally important. If both people mutually respect each other, confrontation will be a healthy tool for successful communication, further refining the relationship.

When I truly care about understanding the other person, I will desire to validate her emotions. Everyone needs validation. However, validation does not mean I have to agree with the other person; it merely means I let her know that I understand why she thinks or acts the way she does. Validation will help motivate the other person to want to work the conflict out between us. On the contrary, accusation can offend the other person and hinder his desire to find middle ground.



# What to Do When Conflict Happens



Taken from *Refining Relationships* © 2019  
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# Interview Questions

1

What inspired you to write this book on relationships?

2

Why did you use the word “refining” in the title?

3

How do the self-assessments help the reader?

4

What does it mean to have a relationship with God?

5

What does it mean to love yourself?

6

What do the 10 Commandments have to do with relationships?

7

What is spiritual warfare & what does it have to do w/relationships?

8

How important is forgiveness?

9

How do I know if I have truly forgiven someone?

10

What are the three approaches to handling conflict?

11

How did you come up with the conflict resolution flow chart?

12

What is “Reflective Listening”?

13

How do our perspectives influence our relationships?

14

Why do we need to release expectations we have on others?

15

What about expectations other people place on us?

16

What about expectations placed on self?

17

What if one person in the relationship doesn’t change?

18

How do you know when anger is good or bad?

19

What do you mean by “anger cues”?

20

What are specific ways in which Jesus is our ultimate example in relationships?



# Press Release

Tammy Melton Has Released New Book on Refining Relationships

*Author, Speaker, and Counselor, Tammy Melton has written a book helping readers to refine their relationships with God, self, and others*

FAYETTEVILLE, GA, Oct. 9, 2019—Tammy Melton, LPC with Legacy Freedom , LLC recently released a new book entitled *Refining Relationships: with God, self, and others*, available immediately through Legacy Freedom Publications.

*Refining Relationships* describes the characteristics of healthy relationships with God, self, and others, providing self-assessments for readers to evaluate the condition of their relationships. The book also explains each assessment question, offering alternatives to unhealthy relational patterns.

Additional topics covered include spiritual warfare, hidden expectations, the danger of anger, and Jesus as an ultimate example. The book also instructs readers in dealing with conflict and includes an extensive flowchart guiding readers through healthy conflict management.

“Tammy has taught me to let go of hurts, pains, and wounds that held me back and kept me in the enemy’s strongholds. I know this book will start you on the path to freedom in Christ. By following Tammy’s teaching, I walked through a revival and learned to listen to the Holy Spirit and not the enemy!”— Client, Penny

“Tammy Melton is calling the church to take risks to go deeper in God. Her book *Refining Relationships* will help any Christian venture into maturity. And she makes it clear that the process of spiritual growth is not an isolated journey--we need other people in our lives to help us grow.”—J. Lee Grady, The Mordecai Project

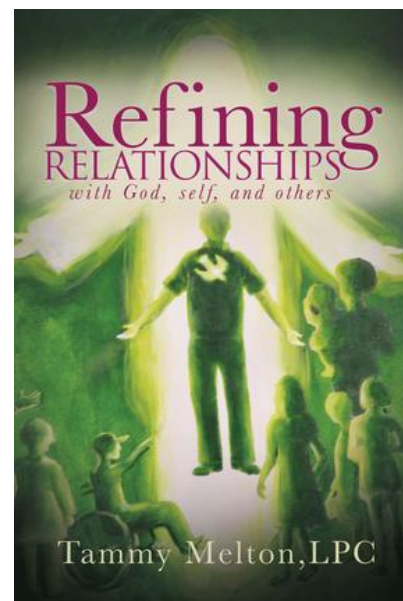
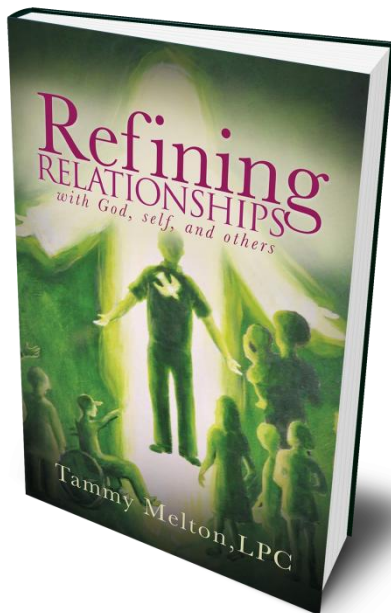
Tammy Melton laces together scriptural truth, logistical help, and personal stories from her years in counseling to model strategies for healthy relationships. Readers will gain insight for all types of relationships, including those with spouses, friends, co-workers, and more. Books are available now in paperback, hardback, and Kindle e-book through Amazon.com.

Tammy Melton, LPC is a certified counselor, speaker, and teacher with over thirty years of experience. She holds ministerial credentials with Harvest Network International and is the founder of Legacy Ministries for Christ, Incorporated and Legacy Freedom, LLC. Tammy desires to see people set free with tools of inner healing and relational unity. She is also the author of *Loving God with All Five Senses*. For more information, visit [www.tammymelton.com](http://www.tammymelton.com).

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[www.tammymelton.com](http://www.tammymelton.com)





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