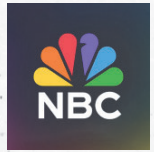


# OFFICIAL PRESS RELEASE FOR:

*Lynne Walton Coles*

## READY FOR DISTRIBUTION



### **LOVE IN THE TIMES OF LIKES CONFRONTS THE HIDDEN THREATS SOCIAL MEDIA POSES TO MODERN RELATIONSHIPS**

Lynne Walton Coles delivers a research backed guide to protecting intimacy, rebuilding trust, and setting healthy digital boundaries.

New York, NY, March 1, 2026 — In *Love In The Times Of Likes: The Danger of DM's*, author Lynne Walton Coles addresses one of the most pressing challenges facing modern relationships: navigating intimacy in an era of constant digital access. Drawing on research, real life stories, and practical strategies, the book examines how social media interactions and private messages can quietly erode trust while offering readers clear tools to strengthen connection.

As online platforms become woven into daily life, Coles argues that relationships are increasingly vulnerable to subtle boundary crossings. What may begin as harmless communication can evolve into secrecy, emotional distance, or betrayal. Through accessible analysis and lived examples, she explores how digital behaviors impact attachment, communication, and relational stability.

Rather than relying on fear based messaging, *Love In The Times Of Likes* focuses on prevention and empowerment. Coles outlines actionable steps couples can take to establish transparent digital boundaries and maintain emotional accountability. She also addresses the difficult work of recovery for those rebuilding trust after online breaches have occurred.

The book speaks to individuals at various stages of relationship health. For couples seeking to strengthen their bond, it offers proactive guidance. For those navigating the aftermath of betrayal, it provides structured reflection and pathways toward healing.

Coles emphasizes that social media itself is not the enemy. Instead, the danger lies in unexamined habits, secrecy, and the normalization of private digital intimacy outside committed partnerships. By encouraging honest dialogue and intentional behavior, she advocates for relationships rooted in clarity and respect.

Lynne Walton Coles is an author dedicated to helping individuals build resilient relationships grounded in trust and intentional communication. Through this work, she invites readers to move beyond passive scrolling and toward active connection.

The book is now available — secure your copy here: <https://a.co/d/0btuH2ZC>

For review copies, interview requests, or additional information, please contact:

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