

PRESS KIT



ABOUT

The Book

Hidden Secrets gets to the fact of the matter that we are all from the same planet - Earth - but we think differently. It is how God made us. Our differences make us compatible. Until we realize and understand how to leverage what a woman brings to a relationship and distinguish her power from the role of the man, we will constantly be at war in relationships with not only each other, but within ourselves. In Hidden Secrets, Ramon Darnell's real experience in relationships is relatable and relevant. This book helps you to realize and unlock the true potential of who you are and shares real situations to show what really matters to create and maintain a successful relationship between a man and a woman.

The Author

Ramon has a unique insight to people. Raised on the south side of Chicago, Ramon learned to adapt to his environment at an early age in order to survive. He shares his experiences in his books, Human Earthquake Book 1, which is currently receiving 5-star reviews on Amazon, and still to be released Book 2, and Book 3. Ramon goes on to share his wealth of knowledge on the man/woman relationship dynamic in his humorous and thought-provoking book, Hidden Secrets. Ramon is also a highly sought-after hairstylist and real estate investor. One of his favorite pastimes is Chicago Style Steppin. He currently resides in a suburb of Chicago.



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INTERVIEW QUESTIONS

1. Who is the book My Hidden Secrets written for and who can benefit the most from reading this self-help book?
2. What do you consider a woman's role in relationships?
3. How does being in over 400 relationships make you an expert?
4. What should be on a woman's list for deal breakers in relationships?
5. Can people change and be successful in relationships after a failed marriage?

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- High-resolution images and an online version of this kit can be found at myhiddensecrets.com

FIND YOUR POT OF GOLD

Hidden Secrets is a powerful, unique, and creative way to break out of the modern-day tactics used in relationships in order to win at the male/female dynamic. This book will take you on a journey to discover the mysteries of the opposite sex.

Hidden Secrets places you in a setting that allows you to be open and honest with yourself. Nothing is off-limits regarding the discussion of men's and women's issues and how to overcome them. This book will change your outlook on relationships forever and the role you play in it.

You will be introduced to a cast of characters that will lead you on a rainbow of emotions; laughter, anger, frustration, empathy, and peace that ultimately will guide you to the pot of gold you are seeking in your relationships.



Hidden Secrets is Ramon Darnell's 2nd book and first self-help book. He specifically wrote this book in a humorous and thought-provoking way in order to get women to achieve their relationship goals. His first book titled Human Earthquake Book 1, is currently receiving 5-star reviews on Amazon.com. Ramon is also a highly sought-after hairstylist and real estate investor. He currently resides in a suburb of Chicago.

HIDDEN SECRETS

TAPPING INTO YOUR EMOTIONAL,
SPIRITUAL, AND SEXUAL APPETITE
TO WIN IN RELATIONSHIPS



RAMON DARNELL

BOOK EXCERPT

Hidden Secrets:

Tapping into Your Emotional, Spiritual and Sexual Appetite to Win in Relationships by Ramon Darnell

Introduction

You might ask why I'm writing a book about this topic? What makes you an expert on relationships? Sometimes you are born with knowledge about things and sometimes you have experience about other things. I have both.

As a man I have had over 400 hundred relationships and have worked in the hair industry for over 25 years. As a salon owner and hair stylist, I worked with individuals from all walks of life. The hairstylist is like the bartender—you hear it all. I have talked to many women that have been in relationships that discussed various issues and problems with me about the male/female dynamic. What I noticed most consistently is there was, and is, a definite disconnect between males and females, and I knew from my years of experience that I had the insight to help solve this problem.

In other words, it ain't nothing but a chicken wing on a string—something simple as a nursery rhyme; winner, winner chicken dinner. It is just that easy.

One day one, of my faithful clients came to me for advice regarding her marriage. She started to tell me that she had found her husband of 7 years in their bed with another woman. She was devastated and broken by this. She felt they were in a good place after 7 years of marriage and was so confused by why he would do such a thing to hurt her so. She asked me what she should do.

This story is one of many that I intend to tell in this book. As a reformed player, hairstylist, and as a friend to numerous females over the years, there is nothing regarding relationships I have not heard. As for this specific story, we will revisit it later in the book and what I told her and how this problem was resolved.

The hairstylist is like the bartender, and the salon is like the therapy chair...

Prologue

Before I opened my eyes, I could hear the TV and the news reporting that it was going to be a very bad thunderstorm. That seemed to drain all the energy out of me. I put the cover over my head and tried to think of any excuse not to get out of bed, less known to do anybody's hair on this gloomy September morning. Nevertheless, my die-hard customers would do anything to get their hair done. It would have to be a category 5 hurricane or some type of natural catastrophe to keep them away. I counted to three, pulled the covers back, and stretched and caught a glimpse of myself in the mirror, and pulled my curly hair into a ponytail. I brushed my teeth for 15 minutes and flexed my biceps and my six-pack, and jumped in the shower. I cooked my highly nutritional breakfast of boiled turkey, organic oatmeal, and an egg white omelet with mushrooms, spinach, and avocado. I lazily got myself together, walked out the door, and as a breeze hit my face, it woke me up a little bit more. Then I hopped in the car and drove to the salon. I was thinking to myself; *I can't wait to see who is going to show up in this type of weather.*

I turned into the parking lot, and it was not full. As I eased out of the car, the thunder rumbled. That put some pep in my step toward the door. A couple of raindrops hit my face while pulling the door open. They don't call it the Windy City for nothing as the wind swirled around me as I pushed my way into the salon.

Zsa Zsa, one of my long-time, loyal clients, followed me impatiently with her eyes as I slowly glided with a cool stroll to my station, taking my time.

She snarled. "You're late, Casanova!" as I turned toward her.

"I know. The early bird gets the goodies, right?" I answered.

"Ramon, you need to go to bed earlier and stop having those multiple rendezvous every night."

I looked around the salon, and only 4 girls had shown up out of the stylists that worked there. As I pulled out my cape and draped it over Zsa Zsa, I could see the reception desk at the front of the salon was still empty, and there were four clients waiting in the black chairs in the waiting area. The mirrors surrounding each station were squeaky clean, with each station having lime green chairs, and the stations surrounded the lime green dryers that were lined up in the middle of the salon.

My attention was drawn toward the front as I heard pounding footsteps moving quickly toward the door. The door swung open, and you could feel a gust of wind rush in as the first of my crew arrived, and my one and only receptionist, Sweet Pea, sashayed in.

Sweet Pea was 45 with skin that reminded you of sweet chocolate, 5'9, tall, lean with nice hips and feline eyes. She always wore her clothes well; fashionable and classy was the only way to describe her unique style. Larger than life presence but very narrow-minded, she was constantly controlled by her emotions. Her motto was if it did not feel good in her mind, it was wrong. On the flip side, she was highly social, a great conversationalist with a tender side. She could be very warm and sensitive.

"I had to hurry up. It had started to rain, and brown sugar melts when it gets wet," she said with a sexy grin.

A few seconds later, my girl Guru came in.

"What's the deal, Great One?"

"It's all about the Roller Disco, baby!" I replied,

Great One was a nickname they called me because of my great skills at handling hair. Guru was 40 with dark velvet smooth skin, 5'3, with a voluptuous curvy figure, beautiful white teeth, and comforting eyes. She was always well put together and an extremely skilled hairstylist. She experienced two failed marriages. She married at an early age because she

fell madly in love. The second marriage was her forever marriage. She believed this one would stand the test of time. To her surprise, it failed, and now she was exploring why it hadn't worked. Guru was seeking to discover who she really was and what she really wanted in a relationship.

Sunshine walked in with her high energy smile.

"What's going on, everybody?" she said.

She did natural hair. Sunshine was 47 with a peanut butter complexion, 5'4, slim but not skinny, well proportioned, dark brown, naturally curly hair, casual dress, round, soulful eyes with a warm sparkle. She was slightly militant. When provoked, she could become extremely emotional. Married for 20 years but bent a few curves in her young heyday that balanced her out well.