

## New Lesbian Memoir Launches Ahead of Valentine's Day, Offering an Honest Look at Love After Heartbreak

Blending vulnerability, humor, and hard-earned insight, *The Soulmate Strategy* explores what it really takes to heal after heartbreak and open yourself to love again.

# The Soulmate Strategy



*My Imperfect Plan to Conquer  
Heartbreak and Find True Love*

Corey Seemiller

**Tucson, Arizona Jan 27, 2026** ([IssueWire.com](http://IssueWire.com)) - Author Corey Seemiller announces the release of *The Soulmate Strategy: My Imperfect Plan to Conquer Heartbreak and Find True Love*, a memoir examining the emotional aftermath of heartbreak and the pressures shaping modern dating, particularly

within queer communities. The book's release comes just days before Valentine's Day, a time when conversations about love, partnership, and longing are especially pronounced.

Blending humor with vulnerability, *The Soulmate Strategy* follows Seemiller's attempt to recover from a devastating breakup through a self-designed plan to find "the one." What begins as a structured approach to healing gradually evolves into a deeper exploration of grief, identity, attachment, and the cultural narratives surrounding love and partnership.

Gabrielle Stone, Bestselling Author of Eat, Pray, #FML says of the book, "*Fiercely honest and at times hilarious. The only messy way I want to read about a healing journey.*"

The book arrives at a moment when relationship dynamics are rapidly shifting. As Valentine's Day continues to spotlight traditional ideals of romance, increasing numbers of adults are delaying or opting out of long-term partnerships, while dating app fatigue and emotional burnout are influencing how people approach intimacy. Seemiller's memoir offers a human-centered perspective on these tensions, focusing less on prescriptive formulas for love and more on the emotional cost of continually searching for connection. Rather than presenting a polished transformation story, *The Soulmate Strategy* emphasizes imperfection, portraying healing as nonlinear and often uncertain, and embracing absurdities is par for the course in the search for love.

*Published by She Writes Press, The Soulmate Strategy: My Imperfect Plan to Conquer Heartbreak and Find True Love* is available beginning February 10, 2026, through major online retailers and independent bookstores, but can be pre-ordered now.

## About the Author

Corey Seemiller is a writer, speaker, and host of the podcast *Rock That Relationship!*, where she explores modern dating, emotional intelligence, and the realities of love through honest conversations and expert insights. Her work focuses on how individuals navigate heartbreak, rebuild self-trust, and redefine relationships on their own terms.

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