



Minneapolis has its own relationship expert in a man named Alafia Tyner. The entrepreneur turned book author has spent years inspiring his digital audience with relationship advice, engaging conversation, and offering up authentic wisdom to the masses—a practice that he has now translated itself into a book entitled *“The Guide to a Healthy Relationship.”*

*“Guide”*, set for release early next year, was written by Tyner in an effort to repair the outlook the world has on love, life and relationships, an emotionally journey that seems to have lost its adhesiveness over time. Tyner’s ultimate quest is to keep families together, but he promises that the book will also offer mountains of advice for single individuals as well. In order to maintain a healthy relationship, the book will teach you to have to be a healthier “you” first.

“I think we put too much pressure on relationships,” Tyner states. “They’re not supposed to be hard or tough at all. I think where we fail ourselves is not realizing that as we grow, we need to make sure our relationship grows with us. When you meet someone, they’re going to change over the years, but people forget to love someone for who they are tomorrow, not just who they are today.”

Experiencing both good and bad relationships, and then finally finding someone whom he feels he could spend the rest of his life with, gave Tyner the foresight and knowledge to decipher the road map to healthy love. “When you’ve been with the wrong person, you have to learn from that situation in order to allow the right person to come into your life. Once you know what the right thing feels like, instinct would have you do whatever it takes to not be on the wrong side of the field again,” he shares.

Tyner intends to self publish the book, a decision that is definitely a testament to his entrepreneurial nature. He’s the founder and CEO of Mecassino Entertainment, a company that

## Alafia Tyner Article

Written by Alaina L. Lewis

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sends him all over the world to put on events for individuals like Mike Epps. When he's not setting up parties for the "stars" you'll find him spending his winters in the Virgin Islands, where he assists his uncle in the family business and gets the opportunity to pen his many thoughts.

"I do a lot of writing in the Virgin Islands," he says, "I'm able to clear my mind down there and get what I have stored in my memory bank down on paper."

With a passion for the people, Tyner hopes that this book will restore and rejuvenate the meaning of love and truly impact the lives of others.

"Entertainment fades out," he says, "Ultimately my goal is to change lives, whether it is to inspire people, simply make their day better, give them some information— anything. When you're doing God's work, it never fades out. That's what I'm doing."

*"The Guide to a Healthy Relationship"* by Alafia Tyner will be available for purchase in 2012. This is only the beginning of a series of books and films Tyner hopes to put out in his lifetime. Through his words, he definitely gives us something to hope for.

For more information: <https://www.facebook.com/AlafiaTynerFanPage>