

MEDIA KIT



The
Emotional Dictionary
to the **Soulful Self**

Connecting **OUTSIDE** of Yourself, Creates Pain and Heartache
Connecting from **WITHIN**, creates Freedom and Life's Purpose

Written by **Ingrid Essawova**

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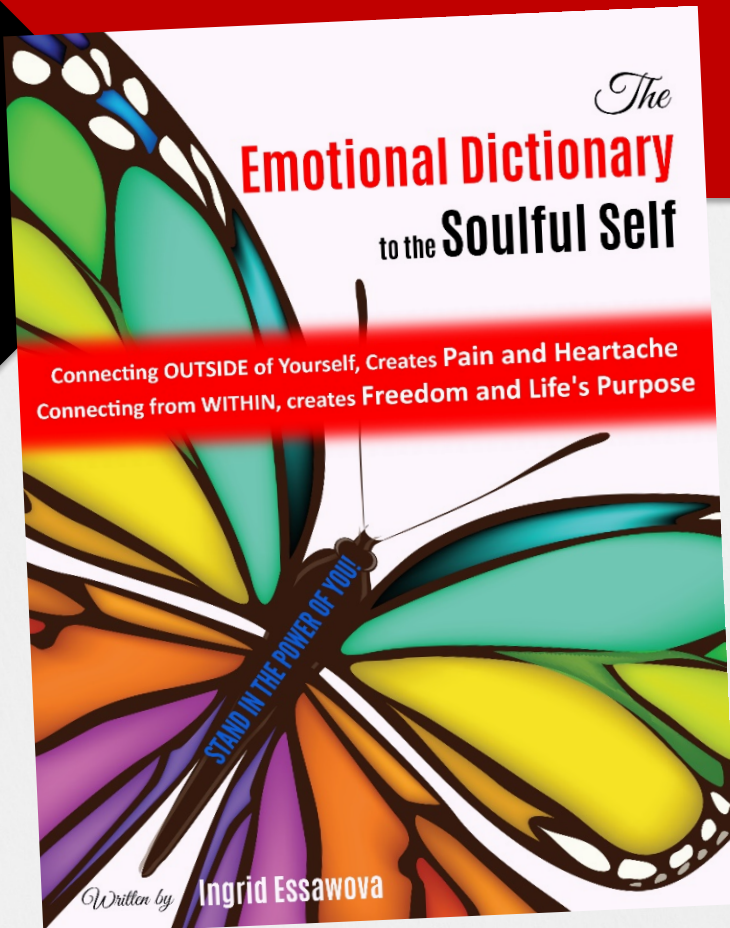
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Author Bio



STAND IN THE POWER OF YOU
To become your...SOULFUL SELF

Book Bio



What is your relationship with CHANGE OR LOSS?

- Do you carry emotional weight on your shoulders?
- Are you triggered by family, friends, colleagues or even strangers by what they say or do?
- Have you experienced more betrayals, self-judgment, shame, guilt, deaths, than you can even count?

If the answer is YES" to any of these questions, aren't you glad you picked up this book?

The emotional challenges with people and things are not the core issues of your life journey. They are merely temporary TRIGGERS! Believe it or not, the real issue is YOU! What you have to live with, what you have to live without and all the changes it entails.

The Emotional Dictionary to the SOULFUL SELF, is a book that is in bullet-point form and provides clear, in-depth solutions to all core issues that any individual might face daily. On every page are brilliantly illuminating answers to everyday questions and an assortment of choices one can make when facing a challenge, including short and long-term effects.

The complaining stops here, and the solutions start now.

Understand that all challenges are *really about YOU!*



Testimonials

"Everyone needs Ingrid in their life to help guide them on their path and help them be -simply true- to themselves."

- Sara Solano



"The tools Ingrid provides makes me feel empowered to confront challenges with more confidence."

- **Angie Cox**



"Ingrid is incredibly skilled at guiding clients to bring them to their soulful self, releasing patterns and stories that no longer serve."

- Tracy Barone

"If you find yourself sad, struggling with the death of a loved one, Ingrid is the one. My son was murdered, and with her help, I am doing well."

- **Liz Evans**

"Ingrid's mapping concept is brilliant. She provides comfort and good perspectives. There are things I thought I could never release that are now lifted with no guilt."

- Giovanni Madril



"I have had decades of issues with my mother and sister that have vastly improved. Ingrid helped me see things from a different perspective and I now handle possible triggers with ease and grace. If you are looking to release emotional baggage, I highly recommend Ingrid."

- **Valerie Miranda**

WHO SHOULD READ



- Those who are tired of constantly being emotionally exhausted, drained with no end in sight.
- People who want to shift and evolve above and beyond the drama, pain, and memories.
- Those who want to live in the moment opposed to daydreaming of the future or the past.

Target Audience



- Men and women between the ages of 25 - 65
- Those who have emotional pain, heartache, or dissatisfaction from betrayal, shame, guilt, self-judgement or death due to a relationship or events



BOOK BENEFITS

Book Excerpt



Introduction

Our SOULFUL SELF shows our true self, one of love and truth. Once we fully process each experience in its entirety, (One way is through the Emotional BOOTCAMP Recovery Program) those layers get peeled off. Those very emotions of daily anger, disappointment, etc., become less intense and eventually cease once all weight is lifted. Imagine who you would really be with all that weight GONE! Before we get started, understanding the concept of taking care of ourselves and putting ourselves first, to be healthy on all levels is imperative.

First imagine not having any emotional challenges, even for a second, for the rest of your life. Emotional challenges can be simply defined **as being the ups and downs in behavior patterns at any given point in time** — anger, frustration, blame, resentment worry, stress, disappointment “Oh, when will it stop?”.

The simple fact is that we **ourselves** create drama in our lives. If you have the type of personality that loves unproductive drama and you have inner peace and happiness, then I congratulate you. For those who would like a different outcome, fasten your seat belts, because this journey is fast, instant, and absolutely unforgettable!

What We Must Realize - Right Here, Right Now

We strive to be successful on one level or another. We all want to be loved. We seek hope and motivation where we can. The missing link in all that we have been taught until now, is the lack of emphasis on the reality is that, when you have a challenge, it is all about you.

It starts with you and ends with you. You are just as powerful, special, and unique as anyone else. You deserve the attention and the royal treatment from yourself to yourself, that you give to those outside of yourself. You are never less than and you always matter. The only difference between you and other people is the number and type of tools you have in your tool pouch to get the job done, whether that job is an emotional, mental, or physical. Instead of looking at people with fine gifts and thinking that those are gifts, see those instead as acquired skills. I may add, we **all** have, but perhaps have not yet awakened. Some are easier, some are more challenging, however, they are all there. It is a matter of awareness and being connected to yourself!

Which leads me to the following:

In a world of such advancement, we, as a society, are behind the times where our emotional stability and dependability are concerned, with ourselves and others!

Out of fear of being rude or hurting people's feelings, sometimes we are not **100% with ourselves or with others**. In truth, we are not doing any favors for **anyone** when we do that.

Interview Questions

1

What made you write a book?

2

Why did you make the book in the form of an Emotional Dictionary?

3

What makes your method so unique?

4

Why the symbolism of a butterfly?

5

With so many people writing self-development books, how do you believe yours will stand out?

6

Has your personal life impacted your methodology?

7

As a young child, were you always on the this path as you are now?

8

Where did you get all your information for the book?

9

What was the most emotionally challenging experience in your life?

10

Explain for us how putting yourself first is not an act of selfishness.

11

How can an emotional bootcamp program be so effective in such a short period of time?

12

Can people really tend to all their wounds and no longer be triggered?

13

Why have no other institutions, groups, or individuals focused on such methods if they are so powerful?

14

Many claim to be spiritual or intuitive, are you concerned with being woo-woo?

15

What is your main goal with this book?

16

Along with being an author, how have you integrated your work in day to day life?

17

What do you believe is humanity's biggest emotional challenge?

18

Is there anything that you haven't figured out and you get stuck on?

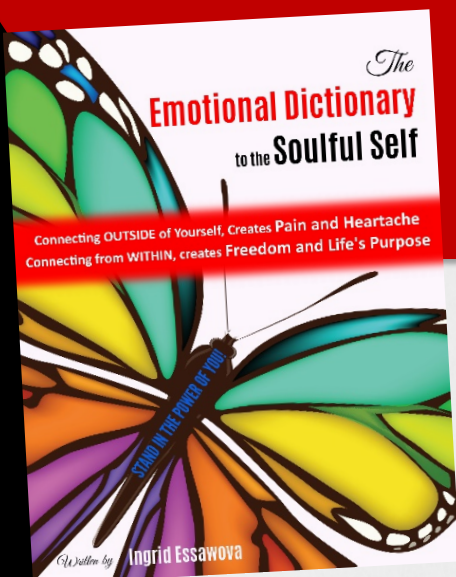
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Have you considered translating your book to different languages?

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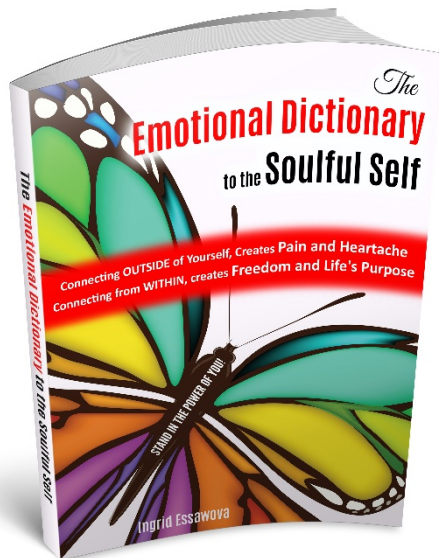
What will be your next project?

Story Ideas for Reporters



1. How do we change the cycle raising our children, so we do not have to rewire and start from the beginning decades later to becoming our **SOULFUL SELF**?
2. If everything is in everyone's favor and they gave permission to it on one level or another, why would someone allow experiences of such heinous magnitude, pain, and heartache?
3. How does spirituality differ with any faith-based method?
4. If people put themselves first, are they not sending a message to others that they do not care about others?
5. Expectations make people accountable, why do you promote releasing all expectations?
6. What is the quickest method to create confidence, security, and high self esteem?
7. When you are in your **SOULFUL SELF**, failure and success do not exist. Why is that and are their other words which no longer exist?
8. When life presents ongoing challenges over and over, how can one integrate into their **SOULFUL SELF**?
9. If someone thinks that the burden of guilt and shame is too heavy to change, what would you say to that person if they feel it is too late to shift?
10. Why do you believe that a person is angry, frustrated, stressed, or disappointed, they are not being themselves?
11. Even if you are in your **SOULFUL SELF**, are you ever moved, disturbed, or saddened by life?
12. If someone wants to start today to be their **SOULFUL SELF**, where do they start?

Downloadable Photos



[Link to Book](#)
[Ingrid Essawova - Headshot](#)

[Images of the Book Cover](#)



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