

BOOK FAQ: BE THE ONE YOU NEED

FREQUENTLY ASKED QUESTIONS

This book is going to change the way you see your life and how you manage it going forward, no matter what stage of life you are in. From acclaimed journalist Sophia A. Nelson, the bestselling author of *The Woman Code*, comes a life-changing call to action, in a revelatory inspirational memoir providing 21 life lessons that emphasize the importance of true and meaningful self-care.

WHAT IS THE BOOK ABOUT?

In deeply personal reflections, acclaimed journalist Sophia A. Nelson offers an inspirational memoir that will guide you on a path toward true and meaningful self-care.

The powerful life lessons in *Be the One You Need* clearly demonstrate that the answers we seek to life's questions are always within us. Nelson empowers us to finally ask ourselves, three very important, life affirming self-care questions: *What do I want? What do I need? How do I feel?* And once we hear the answers of our soul, how to put them into practice.

Beyond these questions Nelson offers her readers 21 life lessons she has learned to help us take our power back, dare to face our life traumas, our losses, our fears, our family dysfunctions, and our relationship issues. Her main point is that we can heal from what has hurt us by being what we need for ourselves, first. Nelson shows us how doing the work of meaningful and consistent self-care not only makes us happier individuals but better spouses, parents, siblings, lovers, employers, and neighbors. In this powerfully raw and honest book, you'll discover:

- How to manage your emotions before they manage you.
- How to protect your peace, the passport to your soul.
- Why the most important relationship you have is with yourself.
- How to be intentional about your choices.

WHY IS IT IMPORTANT AT THIS TIME?

1. Self-care used to be considered a luxury for the well-to-do and educated classes. It is not. Self-care in this new COVID-19 pandemic world is a much deeper walk with connection of self, connection with others, and doing the work to face your traumas and human needs. It is something all of us must do. All, not just some.
2. Nelson redefines self-care as something more than just a day at the spa, a walk in nature, or time spent reflecting at the beach—all of those are “respite” or “rest”—self-care is something bigger that allows us to know when we need to rest and take care of ourselves. It is a check-in of the 3 questions she asks at the start of the book.



WHO SHOULD READ THIS BOOK?

1. Everyone. Nelson is famous for her books about women. But in this one she is talking to us as a human race, as we have all lived through a once-in-a-century pandemic event that still has not ended. And that has taken a huge toll on us all emotionally, relationally, and professionally.

**Change the way
you see your life.**

