

In Praise of BE THE ONE YOU NEED



“I commend Sophia Nelson on her transparency. It takes real courage to admit we don’t care for ourselves with the same love as we care for others. I found *Be the One You Need* to be a powerful and soul-stirring book that carefully and thoughtfully helps us learn how to service ourselves so we can be of even better service to others. This is a must-read for everyone, especially those looking to live a life of true freedom and greater peace.”

—DeVon Franklin, *New York Times* bestselling author and Hollywood producer



“All too often, women have a hard time putting themselves first. We are so busy giving and doing for others that we feel guilty about taking time for ourselves. In *Be the One You Need*, Sophia lays out a roadmap for prioritizing ourselves and shows us that meaningful self-care, regardless of your age, is about being able to help yourself so you can truly love and help others.”

—Mika Brzezinski, bestselling author, founder of Know Your Value, co-host of *Morning Joe*



“As women, we often put ourselves last. As Black women, we always put ourselves last. Sophia challenges all of us to change that—and put a deeper, more meaningful self-care and soul care regimen into practice so that only then can we fill the cup of others we love to the fullest.”

—Rev. Dr. Bernice A. King, CEO, the Martin Luther King, Jr. Center for Nonviolent Social Change

Reviews, photos, links to previous interviews, and Q&As are available upon request.

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Book website: www.betheoneyouneed.com





“Be the One You Need is about looking after yourself first. If we run ourselves ragged, we’re no use to anyone. It’s not something anyone should feel guilty about—Sophia Nelson gets that.”

—Katty Kay, former BBC news anchor,
journalist NBC News, and bestselling
author of *The Confidence Code*



“We all need self-care, men and women alike. Be the One You Need offers a wonderful blueprint to face the challenge of these difficult days and to be deliberate in seeking your joy.”

—Eddie S. Glaude, Jr., Princeton University professor
and author of *Begin Again: James Baldwin's America*
and *Its Urgent Lessons for Our Own*



“As a leader, I cannot recommend Be the One You Need more highly. Sophia has used a combination of her personal experiences to give us 21 powerful life lessons. Every corporate and industry leader, educator, and organization looking to create healthier work environments needs to read this book. She gives us a pathway to deeper self-care habits that last a lifetime and inspires us to take our own personal power back.”

—Col. Nicole Malachowski (USAF, Ret.), speaker and
first female pilot to fly with the Thunderbirds



“Be the One You Need is not a call to be selfish, it’s about practicing self-love as you ask yourself what you want, what you need, and how you feel—it’s about putting your own self-care first.”

—Elizabeth Hamilton-Guarino, author of
The Change Guidebook and CEO of
The Best Ever You Network



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“Be the One You Need is the much-needed self-care guide needed to survive the COVID era. In this book, Nelson gives us a roadmap to create healthier lifestyle choices that will take us through the current pandemic and shows us how to do the hard work that heals our hurts—and allows us to soar.”

—Anushay Hossain, author, *The Pain Gap: How Sexism and Racism in Healthcare Kill Women*



“What do I want? What do I need? How do I feel? These are three questions author Sophia Nelson forces us to reckon with time and time again in this powerful, poignant, and punch-packing book on radical self-care for the soul as well as for the mind and body.”

—The Hon. Kay Coles James, former president of The Heritage Foundation, former director, US Office of Personnel Management, and member Women’s Suffrage Centennial Commission



“Whether it is in politics or spirituality, Sophia Nelson tells the truth. In *Be the One You Need*, the truth is that we can’t love others until we love ourselves. But loving ourselves is surprisingly hard—so she gives us an honest pep talk, a trustworthy map, and a shoulder to cry on. We all need her vulnerable wisdom right now.”

—Dr. Diana Butler Bass, award-winning author of *Freeing Jesus* and *Grateful*, and one of America’s most trusted commentators on religion and contemporary spirituality

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