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# FOR IMMEDIATE RELEASE

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*“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

**Change the way we love and take care of ourselves, interact with others, and create meaningful life work.**



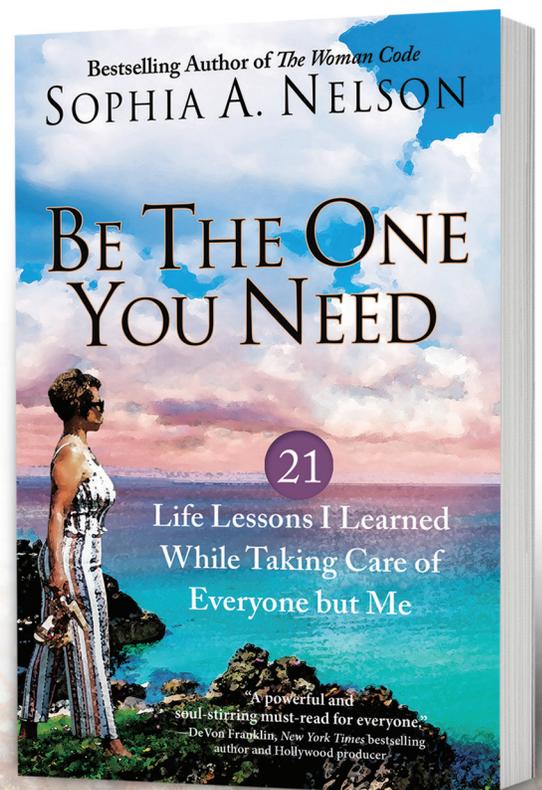
From acclaimed journalist Sophia A. Nelson comes a life-changing call to action in a powerful and revelatory inspirational memoir providing 21 life lessons emphasizing the importance of self-care, self-love, and self-awareness.

As Sophia maintained her weekly breakneck work schedule as a professor/scholar-in-residence, columnist, and on-air pundit for major cable networks, she found herself taking care of a suddenly disabled parent, and then she herself got very sick with COVID-19. Facing her own mortality in her early 50s caused Nelson to start rethinking her own self-care and doing the deeper work of healing from family and relationship trauma, as well as learning how to set healthy personal and professional boundaries.

In her fourth nonfiction book, *Be the One You Need*, Nelson examines how our families and our earliest life experiences shape our sense of self, connections with others, and our worldview. Through the honest lens of her own life, she shares 21 impactful and powerful lessons she learned that will change for the better the way we love and take care of ourselves, interact with others, and create meaningful life work.

**The 21 life lessons include:**

- Take Care of Your Mental and Emotional Health First
- Reframe Your Thoughts: Build an EIQ Toolkit
- Know the Things You Need to Leave Behind in Order to Move Ahead
- Manage Expectations of Yourself and Others
- Say No—It’s a Complete Sentence



Nelson offers us an approach that empowers us to ask ourselves three powerful questions: *What do I want? What do I need? What am I feeling?* The answers to these questions, along with an examination of sobering and often challenging truths of our lives, are the key.

The powerful life lessons in *Be the One You Need* reinforce that the answers we often seek to life's questions are always *within us*.

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## About the Author

**S**ophia A. Nelson is an award-winning author, journalist, and university scholar/adjunct professor in Virginia. Nelson is a *USA Today* columnist and contributing editor to *thegrio.com* as well as a contributor to the *Washington Post*. You can see her regularly on MSNBC, CNN, and PBS as a legal and political analyst. She was most recently a scholar-in-residence and adjunct professor in the Department of Philosophy and Religion at Christopher Newport University. She is a former investigative counsel to the US House of Representatives Committee on Oversight and Reform, and senior counsel with the international law firm of Holland & Knight, LLP. She is the author of three other nonfiction books: *Black Woman Redefined*, *The Woman Code*, and *ePluribus One*.

Visit her official website: [www.iamsophianelson.com](http://www.iamsophianelson.com)

*Be The One You Need:  
21 Life Lessons I Learned  
While Taking Care of  
Everyone but Me*

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