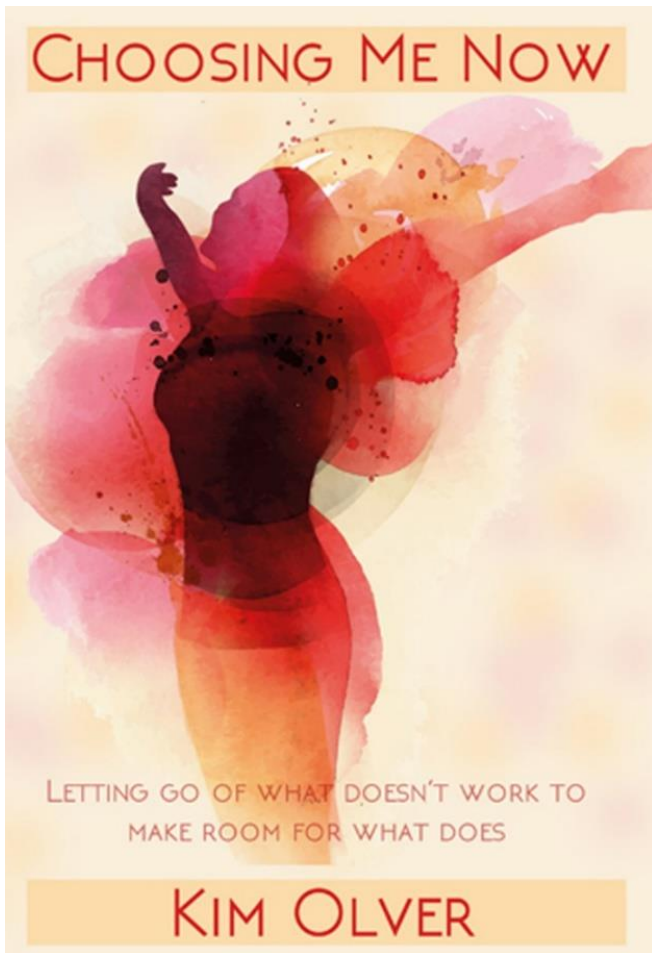


Choosing Me Now... A Strategic Spiritual Guide to Loving Every Aspect of Yourself



If you understand the value of self-care but fail to do it consistently, then it's time to create a system of wholistic, strategic self-care.

While You Care for Everyone Else, Who is Caring for You?

We all need to practice self-care, especially those of us who are always busy doing for others, constantly striving for success or experiencing trauma and its aftermath. These activities pile stressors in our lives that self-care can mitigate. Most literature surrounding self-care speaks only to the physical—eat healthy, get enough rest and exercise daily—but you need to care for your mental and spiritual well-being in a way that address your unique need-strength profile. That's what wholistic, strategic self-care involves.

In Choosing Me Now, you'll discover:

- Your unique need-strength profile
- Which areas in your life need the most attention
- How to love yourself just as you are
- Ways to incorporate the wholistic, strategic self-care you need in your life

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"Let Kim, with her compassionate, down-to-earth energy guide you towards a deeper understanding of who you are and of what you want from your life." —Jo Watson, psychotherapist

"You will find yourself on a thoughtful journey of self-assessment that will result in a personal plan for a 'lifetime of self-love and respect.'" —Patricia Robey, Ed.D., LPC, NBCC

"I am grateful for how the author has taken evidenced-based psychology and formulated a method for making life-changing choices." —Lavon Head, Marriage and Family Therapist



Kim Olver, MS, LCPC, NCC, BCC, has made it her mission to help people get along better with the important people in their lives, including themselves, at home and at work. She is certified in Choice Theory and Reality Therapy and the award-winning author of *Secrets of Happy Couples*. Kim is the creator of the Choice Coaching program and the founder and president of Coaching for Excellence, LLC.

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