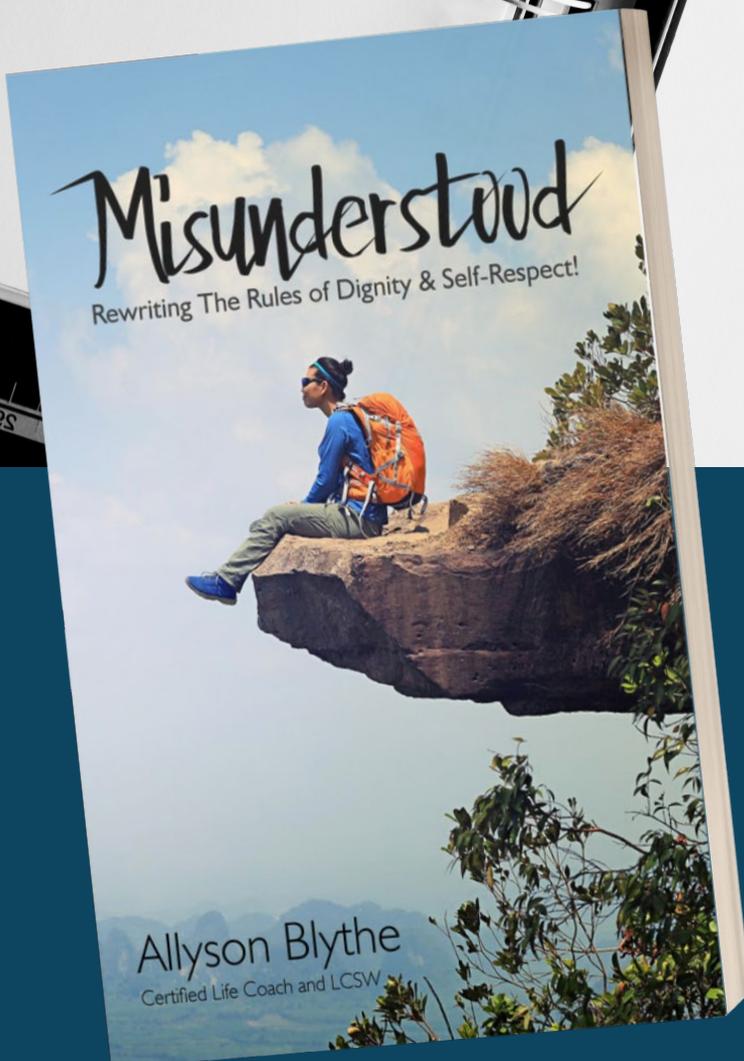


MEDIA KIT

Author Bio
Book Bio
Testimonials
Target Audience
Book Excerpt
Interview Questions
Story Ideas for Reporters
*Downloadable Author
and Book Photos*
Contact Author



Author: Allyson Blythe
Category: Personal Development
Print ISBN:
Publisher: Transform Publishing

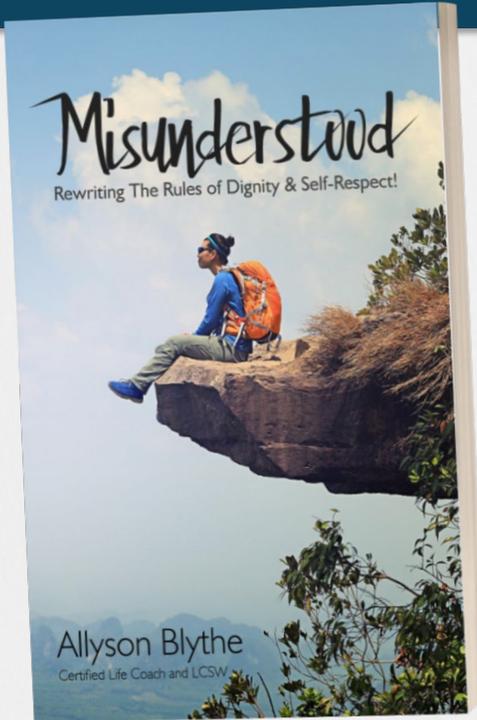
Author Bio



Allyson Blythe

Allyson earned her master's degree and later became a Licensed Clinical Social Worker and Certified Life Coach. She educates, equips, and empowers others to dig deep into self-awareness, emotional intelligence, and personal responsibility in her private practice. Her passion is help those she works with to live their best life. Allyson states, "I love what I do. This work is much more than a *job*. It's a soul-journey that I'm blessed to walk through with my clients." She strongly believes in meeting people where they are with honesty and authenticity. She offers acknowledgment and acceptance to empower her clients to raise the bar on their thoughts and behaviors. This way they can finally let go of fear, excuses, and old habits to reach their ultimate goals. With over twenty-five years in the field, Allyson has earned her reputation as a trusted, deeply experienced, and highly intuitive Coach and Therapist.

Book Bio



Author: Allyson Blythe

Print ISBN:

Category: Personal Development

Publisher: Transform Publishing

Misunderstood is about a crisis point in Allyson's life when the roles she'd always played and all that had once served her began to unravel. You will experience the process of Allyson rebuilding her life with only the salvageable pieces that were beneficial and valuable. This book is a call to you, the reader, to explore and redefine your core values, while you notice the hindering ways you are functioning in the world. Misunderstood is a soulful wake-up call for all who are over-functioning, trying too hard to gain approval and acceptance all for a sense of mattering and connection in the world. In this book, you will explore the importance of intentionally using your most precious commodities of time, energy, and effort, while setting boundaries and making effective decisions to create your deepest joy and healthiest relationships. Allyson's journey is profound as it led her to create a toolbox of ten dynamic tools of self-empowerment, personal responsibility, and life satisfaction, rather than waiting for some magical ship to come in. Misunderstood is a roadmap for navigating decisions, relationships, perspective, conflict, and your core life purpose.



Testimonials

“Misunderstood is a revelation of authentic personal growth. Allyson exposes her thoughts and behaviors with deep vulnerability, offering processes for achieving acceptance and serenity.”



“There’s fantastic and hard lessons to learn as a man in today’s society. Everything I wish I’d known so many years ago, is in this book.”



“Where has this stuff been my whole life?”

“What a wonderful journey of self-awareness and self-discovery, developing life skills to become a better me. I was inspired and challenged.”

“Allyson packs a powerful punch of information and personal challenge. These are the tools every person should learn to make their way through life.”

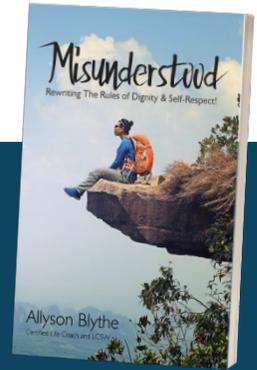


“I can feel a change in myself. I am developing a confidence I knew was there But didn’t know how to bring it to the surface.”

WHO SHOULD READ



- Women & Men
- Moms & Dads
- Singles and Married
- Teens & Young Adults
- Adults of all ages
- Entrepreneurs & Business Owners
- Anyone struggling with relationships and decisions



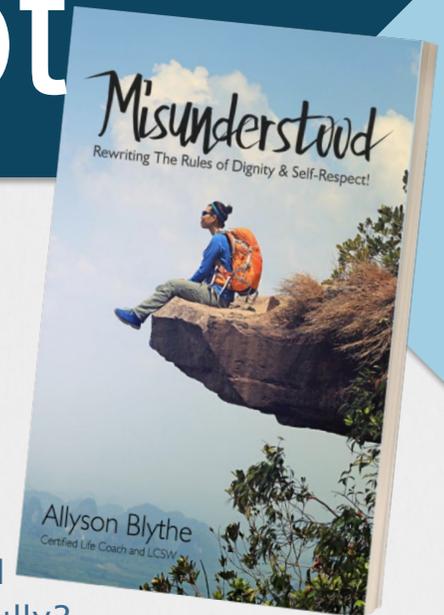
Target Audi-

- Rewrite dignity and self-respect
- Gain confidence
- Create new healthy habits
- Encouragement & empowerment
- Create & set healthy boundaries
- Start living your best life!



BOOK BENEFITS

Book Excerpt



Part II: Power Tool #9

R-E-S-P-E-C-T. Find out what it means to me...
My toes can't help but tap when I think about Aretha belting out the power of that tune.

What does respect look like to you? What does respect feel like to you? What are your personal terms and conditions for being treated respectfully?

Are you holding yourself and others to those standards? Every day, and in many ways, you inform people how to treat you and the things you will accept and tolerate. Your words may say one thing, but the evidence is in the language, behavior, posture, and decisions you choose.

If you want to fly your freak-flag, by all means, fly away! If certain behaviors, decisions, and relationships enhance your best self, you are free to do whatever you want to do. However, if something is compromising to you, outside of your safety zone, or a desperate attempt to gain attention and approval, you are acting against yourself; ultimately, selling yourself out.

The way you act and speak are invisible radars attracting the people, circumstances, and things you believe you deserve. Disrespecting yourself or tolerating disrespect from others sends a clear message that you don't value yourself. When you compromise yourself, reference yourself negatively, or excuse unacceptable behaviors, you indicate that people can misbehave in your world, and you'll put up with it. Others know you won't do anything about their inappropriate behavior and their level of respect for you plummets.

Like a police officer who repeatedly warns, but never writes the ticket, words without action or consequences are just annoying rambles. They are sounds that people learn to ignore. It will always be up to you to define how others are allowed to treat you.

What does *self-respect* look like?

Interview Questions

1

What does Fed-Upness

2

What are the 3 most important Commodities?

3

What is the most effective way to create and set boundaries?

4

What does *Change Back* mean, and how do people

5

What are ways to gain respect from others?

6

Why is Goldilocks considered a role model for all people?

7

What are the power tools you teach, and what are their benefits?

8

According to your book, what does S.O.S. mean?

9

What is the best way to create boundaries?

10

How do I make others follow my boundaries?

11

Why is being kind not enough to create healthy relationships?

12

How can being accommodating be an unhealthy act?

13

How do I stop being a people pleaser?

14

What is inside the toolbox you talk about in your book?

15

What does it mean to self-anchor?

16

Why is it so difficult to truly connect with others?

17

What are the main points of awareness?

18

What are the different types of boundaries we should set?

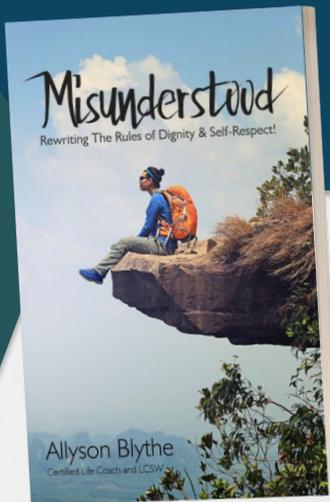
19

Is it wrong to seek attention, and why do people seek it?

20

What does it mean to *find the sweet spot*?

Story Ideas for Report- ers

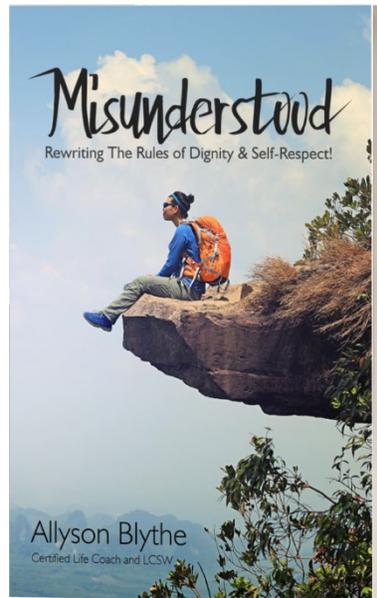


- 1. Confidence:** What does it take to gain confidence?
- 2. Boundaries:** How do I create and set boundaries that others will actually follow?
- 3. Creating New Habits:** How do I create new healthy habits that I won't give up on?
- 4. Giving Up Control:** How will my life be better by giving up control?
- 5. Fed-Upness:** What is fed-upness, and how do I know if I suffer from it?
- 6. Claim Your Well-Being:** What does it mean to claim my well-being, and how do I claim it?
- 7. Top 3 Commodities:** What are the top 3 commodities, and how do I use them to my advantage?
- 8. Finding The Sweet Spot:** How do I find the sweet spot to build healthy relationships?
- 9. Resisting Change Back:** What is change back, and how do I avoid it happening to me?
- 10. Water, Weapon Words:** How are water and weapon words hindering my relationships, and myself?
- 11. Conflict Management:** How do I deal with conflict healthily and effectively?
- 12. Goldilocks Says:** Why is Goldilocks relevant, and how can she help me live my best life?

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