

NEW
BOOK

It's not you, it's me

THE STRAIGHT-TALKING GUIDE TO SELF-ACCEPTANCE,
SINGLE LIFE AND DATING

Survive
&
Thrive

Dating and being single



A Self Help Guide to building resilience, confidence,
making the most of single life and believing in you just as you are.

Jennifer Boon

The route to love is like a rollercoaster, and while the highs can be exhilarating, when faced with the devastating lows of break-ups and dating disasters it can be so difficult to pick yourself up that you start to ask the question – "Is it me?"

Resisting the urge to keep doubting ourselves is tough, but now a practical new guide book, *Survive & Thrive: Dating and Being Single*, has been published to help readers to boost their resilience and confidence, so they can be ready to actually enjoy being single and prepare to date smarter.

Survive & Thrive: Dating and Being Single isn't just about accepting single life, but embracing it. It is about not waiting for someone to share your life with, but living life to the full here and now. It is chiefly about learning to love yourself and getting into a mindset whereby, if love does come along, you will be ready for it. It explains the importance of filling up your 'love reservoir' by making sure that you accept and truly love yourself, before seeking that acceptance from a partner.

The author, Jennifer Boon, is an experienced life-coach who specialises in helping her clients to build confidence and resilience, and escape their self-sabotaging habits. No stranger to love's rollercoaster herself, Jennifer

also draws on her own experience of rocky dates to reveal how she learned self-love and acceptance in a non-patronising and practical way.

The book, which is the first in a series of *Survive & Thrive* guides for women, offers some fantastic wisdom and insights into pitfalls of finding relationships in a modern world of Tinder and online dating. She outlines the importance of staying anchored in reality when navigating the 'virtual world' of online dating networks, and offers practical tips on how to use such sites in healthy, productive way.

Being single when you want to settle down can challenge your sense of who you are and can knock your self-esteem. Yet *Survive & Thrive: Dating and Being Single* explains how it also offers an amazing opportunity to get to know who you really are, and understand your hopes and dreams when you aren't clouded by another person's needs.

This book is by no means a quick fix, but by offering a deep look within, it enables readers to move forward from a place of empowerment, knowing what they really want in life and how to get there.

Survive & Thrive: *Dating and being single is out now and at priced £9.99. For more information see <http://www.booncoaching.com/book/survive-thrive-dating-single/>*

ABOUT THE AUTHORS

Jennifer Boon is a life coach who specialises in building confidence and resilience, empowering clients to overcome their internal sabotaging to understand who they are, what is important to them and create a future they dream of.

Jennifer has created the *Survive & Thrive* book series to support women through challenging phases in life by arming them with the tools to manage these challenges and the tools to savour life in the present. She uses her extensive wisdom as a life coach and her own person experience to give non-patronising guidance.

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE:



Jennifer Boon

Jennifer Boon is a life coach who specialises in building confidence and resilience to empower her clients. She is available to provide expert comment, interviews and by-lined articles on a number of topics, including:

How to make the most of now

How to be confident

10 things never to say to anyone who is single

"It's not you, it's me" - what you can change about how YOU think about breakups

Why is it brilliant to love yourself

Should you trust your instincts in dating?

Simple tips to boost your confidence/boost a friend's confidence

How to be Single and happy

Date night for one?

The Real Undatables - X Things stopping you from having a successful date

10 ways to deal with singleton questions at Christmas

How to be Single and happy

How to bounce back from a rubbish date

Navigating the minefields of Online Dating

Break Up Survival 101

Pre-date rituals to pamper your mind

Are you guilty of these serial dating patterns?

Escaping your victim narrative of bad dates.

Making the most of being single