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CONTACT: Sara Pence (512) 982-0937

Break the “good girl” chains: Dare to be *soul selfish* 80-years-young author shares insights from decades of self-discovery

NEW YORK – A hospice nurse recently shared the [top regrets of the dying](#) that she heard most frequently from her patients. Among them were: not being true to themselves, not expressing their feelings nor sufficiently going for their own happiness. For women especially, who – despite women’s lib or “girl power” movements – still have a habit of putting others’ happiness before their own, these final reflections should serve as a self-discovery wakeup call to start living life on your own terms, before it’s too late.

Family counselor and author Jane Wyker, a youthful 80, says choosing to be “soul selfish” is the most vital lesson a woman can learn, at any age. Her memoir, ***Soul Selfish: The Awakening of a “Good Girl”*** (Lioncrest, June 2016), traces Wyker’s path of overcoming multigenerational and cultural influences, shedding conditioned beliefs, behaviors and roles, and gradually taking ownership of her own womanhood.

Wyker claims she first took charge of her life at age 39, leaving her dysfunctional marriage of 18 years, and becoming a single mother to four children. After the divorce, Wyker started her career as a parent educator, a brand new concept in 1977. She spent the next three decades as a highly successful family counselor and also created and presented workshops on balancing work and family for several major U.S. corporations like Pitney Bowes, Condé Nast, Viacom and The New York Times.

“The past 46 years have been a journey of self-discovery and empowerment. What I call my ‘soul selfish journey’ is my unstoppable, unapologetic pursuit for my own happiness. This is unfortunately still taboo for a woman to want for herself,” Wyker says. “I learned to trust my heart and my mind, to speak up for myself. Some might say I’m being selfish because I have stood up for my own wants and needs. But as I connect more to my soul, I look less to others for approval.”

Recounting a remarkable life story that spans eight decades, *Soul Selfish* illustrates the happiness, creativity, freedom and peace possible for anyone dedicated to honoring their authentic self. Wyker looks back on her life with the unique perspective and wisdom that only time provides to reveal how true, lasting happiness can be achieved when we dare to be selfish for our soul. She credits her 46-year immersion in diverse psychological and spiritual teachings for her enlightenment.

“There’s no more time to waste. No more ‘doing the right thing,’ putting up with undesirable behavior from others or putting off what is important to me. I have more love to give. My journey is not for me alone,” Wyker says.

Jane Wyker is a successful family counselor, author, mother, teacher and spiritual explorer. She holds a bachelor’s degree in early childhood education from Cornell University, in addition to decades spent studying psychological and spiritual personal development principles from master teachers. When she is not traveling the world with her husband, Bob, she spends time doing Pilates, playing tennis, dancing and blogging on women’s issues. For more information, please visit www.janewyker.com.

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**For more information or to request an interview with Wyker,
please contact Sara Pence at (512) 982-0937 or sara@sheltoninteractive.com**