

FOR IMMEDIATE RELEASE:

#metoo ... But, never again. Love yourself and take back your life.

SEATTLE, Wash. – “I’m Just That Into Me: You’re The One You’ve Been Waiting For” by Dayna Mason & Jason Andrada tells the tale of two traumatized friends attempting to get past the abuses they suffered as children. Based on their personal stories of transformation, Mason and Andrada aim to guide the reader using story and tools, through their own breakthrough from tragedy to health, happiness, wellbeing and freedom.

As the story unfolds, Anne Davis (Mason), who is dealing with the ending of another deadbeat relationship, digs deeper into her life and finds trauma that she wasn’t previously aware of. With Dominic’s (Andrada) help, she is able to work through that pain in order to stop searching for love from impossible sources and find it within herself.

“The authors write in a buoyant prose that keeps the story peppy and easy to read even in its heavier moments,” states Kirkus Indie Reviews, “A thoughtful and useful work of self-help tips as fiction.”

Mason, a bestselling author, struggling to find happiness, and Andrada, an aspiring author with more than a decade of experience counseling people, both had a lifelong desire to help others find happiness and wellbeing by learning to love themselves.

“When you see the truth of who you are and learn to love yourself with the same compassion and forgiveness that you extend to others it’s life-changing,” says Mason. “Every person deserves to be loved, especially by themselves.”

Some common behaviors of people who’ve suffered sexual trauma that are addressed in the book:

- I try to control every situation and most people in my life. It's safer that way.
- I don't let people get too close. That way they can't hurt me.
- I don't think I've ever been truly happy.
- I use sex to feel powerful or fulfill my emotional needs.
- I have to be careful about what I share with others about myself so they don't leave me.
- I constantly critique everything I say and do.

“I’m Just That Into Me: You’re The One You’ve Been Waiting For” is available for sale at Amazon.com, Ingram Wholesale/LSI and Baker & Taylor.

About the Authors

Dayna Reid, pen name Dayna Mason, is an author, writer and minister. Reid currently resides in Seattle, Washington.

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