



# Touch Yourself: 30 Ways to Boldy Live, Love and Let Go!

*Deya "Direct" Smith*

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## **Touch Yourself: 30 Ways to Boldly Live, Love and Let Go!** Deya "Direct" Smith

Touch Yourself is a provocative, spiritual, insightful and uniquely personal book that meets every woman right where she is in her life. Author Deya "Direct" Smith really does get direct about everything; including giving us a whole new definition of foreplay, a clear understanding on how to brand yourself in your personal and professional relationships, as well as within the media. And of course, Deya addresses why it's so important to TOUCH YOURSELF, in all the ways that matter. As one person put it, "this book will help you to manage your mind, your money and your money maker!" This book covers it all; it is timely and it's healing for anyone who has been challenged with low-confidence, unhealthy relationships, and communication issues. It also gives a different spin on why it's critical to engage in the political process and teaches how women can use their power of influence to make significant changes -- beginning with her own life. Finally, Deya gives us pearls of wisdom and perspectives from various women, including public figures that she's interviewed from the likes of Divorce Court's Judge Toler, R & B sensation Tamia, breakout star of Hollywood Exes, Andrea Kelly, legendary actress Pam Grier and more. Mostly, Deya cuts to the chase through her Deya Directives! Not only will this book help every woman who reads it to boldly "Get in Touch" with herself; it will also increase her ability to intimately relate to her partner. Further, it serves as an unofficial mentoring guide for young women everywhere who want to be empowered, successful and take their lives to the next level. This book will unapologetically take you on a journey that will change your life forever. Touch Yourself, 30 Ways to Boldly Live, Love and Let Go! is guaranteed to help you find the love of your life that you've been looking for!

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