

Jenna Banks

I Love Me More: How to Find Happiness and Success Through Self-Love



Your love is your power!™

“In my life, practicing self-love has allowed me to overcome a traumatic childhood and young adulthood. I was able to move up the corporate ladder with just a GED, navigate single parenthood, and negotiate profitable real estate investments. I founded, scaled, and sold my marketing products company, and I leveled up my skill set, my potential, and my relationships. If I hadn’t loved myself more over the past twenty years, I am pretty sure I’d still be working for ‘the man,’ living in the same run-down rent-controlled apartment I’d lived in for seventeen years, with no financial freedom and certainly no opportunity to share with you what I now know, which is this: We must learn to put ourselves first and know that in doing so, we’re not being selfish. Practicing self-love and putting yourself above all others will benefit everyone around you because you will be happier and more at peace. You will create beautiful energy that will benefit the world. You will know true love, a love that can only be found within, and therefore be able to give real love to others.”

BIOGRAPHY

JENNA BANKS is an entrepreneur, public speaker, author, podcast host, real-estate investor, and self-love advocate focused on women's empowerment and gender equality. Her new book is *I Love Me More: How to Find Happiness and Success Through Self-Love*.

Having survived a traumatic upbringing, as well as a nearly fatal suicide attempt, Banks was able to thrive in the business world, despite being armed with only a high school equivalency diploma. Early in her career, she worked in management and entrepreneurial roles, producing marketing products for major movie studios in Los Angeles, including Sony Pictures Entertainment, Paramount Pictures, and Warner Bros. She has also worked in the toy and games industry, including with well-known brands such as Hasbro, Mattel, and Lego.

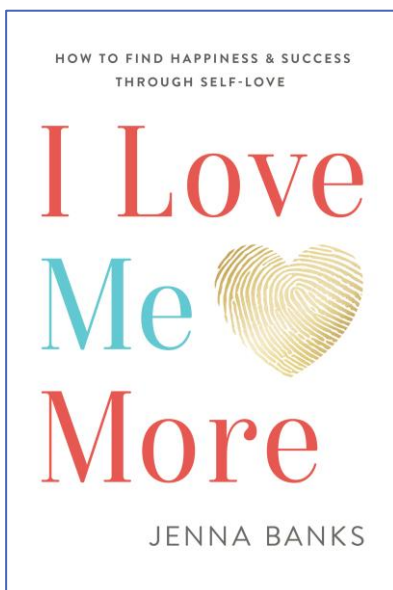
As someone who learned to never question her instincts, Banks trusted the inner call to quit her comfortable six-figure corporate job and start a home-based marketing products business in 2012 with \$400 and a laptop. While running the company, Banks simultaneously ramped up a profitable real-estate venture and then later sold her marketing products business for \$500,000.

Since selling her company, she's now focused on what she feels is her higher purpose: to share her story and her message of empowerment and the incredible importance of self-love with the world through her writing; speaking engagements; The Jenna Banks Show, a podcast and video series; and her newest lifestyle brand, TigerFeather.

When she's not working, Banks enjoys collecting fine art, playing tennis, traveling, spending time with friends and family, and connecting with and inspiring other women to succeed and be empowered.

BOOK

I Love Me More: How to Find Happiness and Success Through Self-Love (Greenleaf/ Braintrust Ink, March 2022)



Most women have been programmed to believe that self-love is selfish and that self-sacrifice is a virtue. Many focus their desire for love and wholeness outside themselves and onto others, such as their partners, only to feel disappointed that they don't get back what they give.

With *I Love Me More: How to Find Happiness and Success Through Self-Love* (Greenleaf/ Braintrust Ink, March 2022), Jenna Banks sets out to crush the myths about how we should relate to ourselves.

For a long time, Banks was supreme ruler of the Kingdom of I Don't Deserve That. She gave too much to her relationships, allowed the needs and wants of others to trump hers, and generally felt inadequate and inferior. Her years of childhood abuse, emotional neglect, and toxic relationships culminated in a life fraught with self-loathing and self-doubt. After dropping out of high school, attempting suicide, becoming a young mother, and being estranged from her parents, Banks was driven to change the trajectory of her life. She knew she had to learn to love herself and began to engage with self-love as a practical life force. What she

discovered, however, is that simply loving yourself is not the key to overcoming shame and self-sabotage. Banks details how self-love is nice, but it's not the whole truth. You need to love yourself *more*—more than your spouse, more than your kids, more than your family, more than your friends, more than your boss . . .

In this practical guide, Banks levels-up the topic of self-love and introduces multiple, practical strategies to live a guilt-free “I love me more” lifestyle as she walks you through topics such as defining self-love, the ways we sabotage self-love, how to put yourself first, how to use self-love to be valued at work, how to balance caring for yourself and caring for others, and how to embrace your inner warrior goddess.

Peppered with her intimate personal experiences, along with scientific research and excerpts from experts and respected authors, *I Love Me More* shares these valuable lessons:

- You must love yourself more than anyone else
- It's okay to say no
- Don't look for external approval. What you feel about yourself is what matters most
- How you treat yourself is how you will be treated by others
- Always trust your intuition, even when it makes no sense.
- Your relationship with yourself is the most important relationship you'll ever have

I Love Me More is your road map to a personally designed paradise of happiness, power, purpose, and passion.

PARTIAL LIST OF INTERVIEW TOPICS

- Your love is your power
- The biggest challenges or obstacles to self-love and how to overcome
- 8 signs you're lacking self-love
- Busting the myth that self-love is narcissism
- Ways perfectionism is working against you
- The first step towards self-love
- How self-love can improve your dating life
- Self-love in corporate America: The DEI Initiative for 2022
- Raising an adult child with mental illness and putting yourself first
- Choosing to break up when you're in love
- Ways women sabotage themselves because they don't recognize or behave in ways that reflect their true worth
- What it means to put yourself first
- How to find balance between caring for ourselves and caring for others
- The game plan for specific steps you can take to start reclaiming your value
- Getting divorced in her 20s and leaving a marriage of convenience
- 10 ways you're giving away your power
- 7 saboteurs of self-love
- 7 signs you are over-giving
- Detoxing from bad relationships

- The business of self-love: Transform your career, increase your wealth, go for your entrepreneurial dream
 - Losing and finding self-love through parenthood
 - Commit to yourself: How to ground yourself in your personal power
 - 5 symbolic ways to commit to yourself
 - #Metoo and how social norms can stop women from standing up
 - How self-love can improve your relationship or marriage
 - The importance of boundaries and saying no
 - How to embrace your inner warrior goddess (or inner cheerleader) and squash your inner critic
 - How to find lasting happiness through self-love
 - The importance of owning your story, the good, bad and the ugly
 - How to harness your own power instead of letting it be harnessed
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CONNECT

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