

FOR IMMEDIATE RELEASE

Renowned Therapist Kasey Compton Releases Groundbreaking Self-Help Book: "In Search of You: How To Find Joy When Doing More Isn't Doing It Anymore"

Somerset, Kentucky - March 12, 2024 — Today marks the launch of a transformative guide that is set to revolutionize the way we approach success and self-love. Kasey Compton, an acclaimed therapist and self-love advocate, unveils her highly anticipated second book, "In Search of You: How To Find Joy When Doing More Isn't Doing It Anymore."

In a society saturated with gender-influenced expectations, particularly for women to excel in various roles flawlessly, many find themselves accomplishing external goals yet grappling with an inner emptiness. Kasey Compton, drawing on her own experiences with anxiety, divorce, and therapy, takes readers on a profound journey to rediscover the one thing that can bring true fulfillment: self-love.

Key Highlights of "In Search of You" Include:

- **Unpacking Inner Emptiness:** The book delves into the reasons why outward achievements often fail to soothe the nagging feeling of emptiness, offering insights backed by clinical research and professional case studies.
- **Embracing Genuine Self-Love:** Kasey Compton guides readers on a journey to embrace self-love with intentionality, encouraging a shift from societal expectations to authentic, lasting fulfillment.
- **Reconnecting with Joy:** Through personal anecdotes and therapeutic techniques, readers are invited to reconnect with their inner child—a source of hope and joy that may have been forgotten amidst life's demands.
- **Healing from the Past:** "In Search of You" provides tools to stop running from past trauma and start the healing process, empowering individuals to tap into their deepest desires without fear.
- **Establishing Healthy Boundaries:** The book offers practical guidance on setting healthy boundaries, developing positive habits, and breaking free from unhelpful societal expectations.

Kasey Compton shares her thoughts on the book:

“Writing 'In Search of You' has been a deeply personal journey for me. I poured my heart into every page, drawing from my own struggles and triumphs. My hope is that this book becomes a guiding light for those seeking true joy and self-love.”

Book Details:

Title: In Search of You: How To Find Joy When Doing More Isn't Doing It Anymore

Author: Kasey Compton

Publisher: BenBella Books

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Price: \$21.95

Available now on wherever books are sold and at www.kaseycompton.com.

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About Kasey Compton:

Kasey Compton is a renowned therapist, self-love spokesperson, and the author of "In Search of You: How To Find Joy When Doing More Isn't Doing It Anymore." With over a decade of experience, Kasey has helped countless individuals navigate through anxiety, relationship challenges, and the search for genuine self-love. "In Search of You" reflects her commitment to empowering others on their journey towards authentic fulfillment.

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