

# YU2SHINE launches Worthy mE, More Than a Journal—A Mirror for the Soul

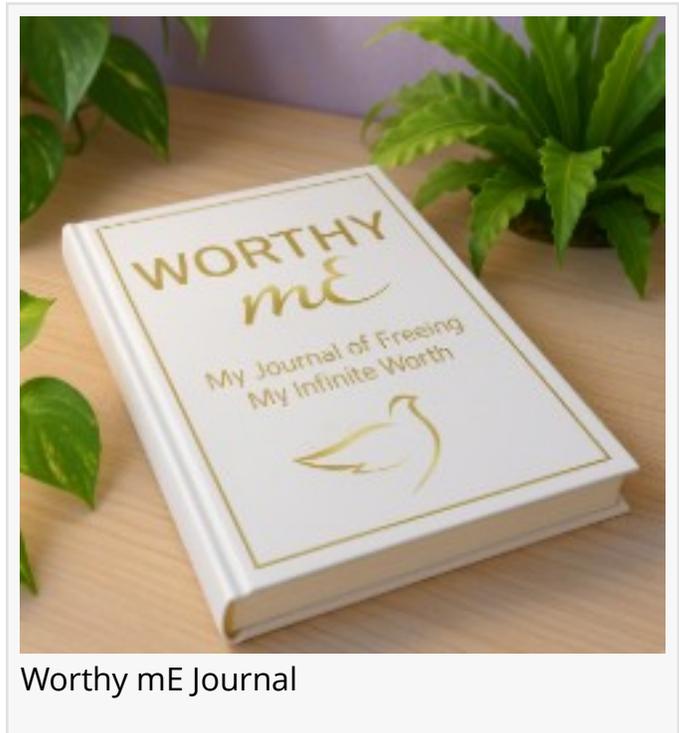
*YU2SHINE launches Worthy mE Journal*

BURKE, VA, UNITED STATES, June 24, 2025 /EINPresswire.com/ -- [Victoria Rader](#), PhD, Releases Transformational Worthy mE [Journal](#) to Help people Reclaim Their Divine Worth

On the heels of global demand for deeper healing and self-worth awakening, bestselling author and Possibility Coach® Victoria Rader, PhD, proudly announces the release of her most soul-stirring work to date:

Worthy mE: My Journal of Freeing My Infinite Worth—now available in hardcover as part of the mE Series.

Published on June 17, 2025, this groundbreaking guided journal rises far above traditional journaling tools. Inspired by quantum healing principles and Victoria’s extensive global coaching experience, Worthy mE is designed to help individuals break free from the internal narrative of “not enough” and return to the eternal truth: you are already worthy.



“

Don't underestimate yourself. You are more capable than you think, more worthy than you believe.”

*Victoria Rader, PhD*

A Daily Practice for Divine Remembrance

Unlike typical self-help journals that offer surface-level reflection, Worthy mE provides a deeply spiritual and scientifically supported pathway back to self-worth. Through a carefully curated blend of:

Empowering affirmations

Reflective prompts

Practical mindset tools

## Spiritual realignment techniques

readers are guided to release limiting beliefs and reconnect with their divine, unshakable value.

“You are not here to earn your worth,” says Dr. Rader. “You are here to remember it. This journal is not just about healing—it’s about restoring your soul’s frequency to the truth of who you are.”

The journal supports women of all ages who are healing from heartbreak, navigating personal transformation, or seeking to rebuild inner trust and clarity. With each page, it acts as a companion—a sacred space to rewrite the inner story and silence the voice of comparison and shame.

## Why Worthy mE Stands Apart

Worthy mE isn’t just a place to write—it’s a portal to emotional liberation and spiritual alignment. What sets it apart:

Built on quantum mindset methodologies taught around the world

Integrates with Victoria’s Empower-mE App for expanded guidance

Includes free access to her Quantum Leap activation at [MyGiftOffer.com](http://MyGiftOffer.com)

Developed by a pioneer in soul-integrated emotional transformation

“Most journals help you track your thoughts,” adds Dr. Rader. “This one helps you transform them.”

Whether used on its own or in combination with Victoria’s other resources in the mE Series, Worthy mE offers a daily reset for anyone ready to stop seeking and start remembering their infinite, God-given worth.

## About the Author

Victoria Rader, PhD, is the founder of [YU2SHINE](http://YU2SHINE), an internationally respected transformational



[YU2SHINE.com](http://YU2SHINE.com)



Open up to receive

speaker, Broadway producer, and creator of Free mE® EFT. She is known as a Quantum Personal Development Pioneer™ whose unique approach blends neuroscience, spirituality, and practical coaching to unlock human potential.

Her previous works include bestselling books, online programs, and her signature Empower-mE App, helping thousands around the world to heal, grow, and manifest from the inside out.

Available Now

Title: Worthy mE: My Journal of Freeing My Infinite Worth

Author: Victoria Rader, PhD

Release Date: June 17, 2025

Format: Hardcover

Part of: mE Series (6 books)

Buy on Amazon: <https://www.amazon.com/dp/B0FF34VQG5>

Free resources, including the Quantum Leap eBook and EFT demonstration, are available at MyGiftOffer.com and quantumpersonaldevelopment.com

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