

New Nurture Your Worth Book Empowers Women to Break Free from People-Pleasing and Manifest the Life They Deserve

Aruna Ramamurthy launches book combining neuroscience-based coaching with holistic healing practices to help women move from self-sacrifice to self-empowerment.

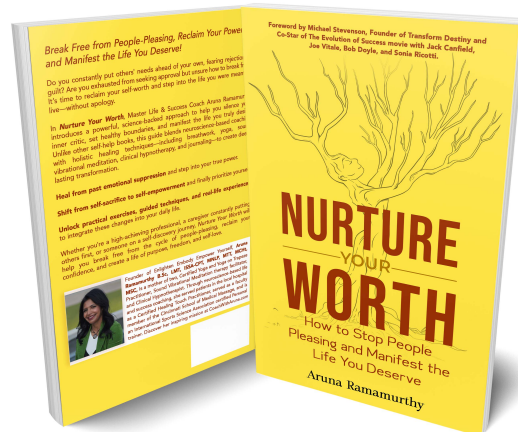
MASON, OH, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- What would become possible if women stopped measuring their worth by other people's approval and began trusting their own voice?

On August 29, 2026, to commemorate National Wellness Month, Master Life & Success Coach Aruna Ramamurthy will release Nurture Your Worth: How to Stop People-Pleasing and Manifest the Life You Deserve, a transformational personal development guide created to help women break free from people-pleasing, strengthen their self-worth, establish healthy boundaries, and pursue a more authentic and fulfilling life.

For women who have spent years putting everyone else first, suppressing their needs, seeking approval, or struggling to speak up for themselves, Nurture Your Worth offers a practical framework for moving from feeling stuck and unheard to feeling empowered, confident, and aligned with their goals.



Master Life & Success Coach Aruna Ramamurthy, B.Sc, LMT, ISSA-CPT, MNLP, MTT, MCHt, MSC



Nurture Your Worth: How to Stop People-Pleasing and Manifest the Life You Deserve

“My intention with this book is to empower every woman who reads it,” says Ramamurthy. “The experiences I have shared will guide you to nurture the power you already hold.”

A Practical Approach to Breaking the People-Pleasing Cycle

People-pleasing can affect relationships, careers, family dynamics, self-confidence, and the ability to make decisions based on personal values rather than external expectations. *Nurture Your Worth* explores the emotional costs of constantly seeking validation and offers tools to help readers reconnect with their needs, voice, and sense of worth.

Rather than offering a one-size-fits-all approach, Ramamurthy brings together multiple disciplines, including neuroscience-based coaching, breathwork, yoga, sound vibrational meditation, clinical hypnotherapy, and journaling, to create an integrative approach to personal transformation.

The book introduces readers to the 3-6-9 Technique, a framework Ramamurthy developed and applied during her own journey of challenging people-pleasing patterns and cultivating greater self-expression and confidence.

Through guided exercises, reflection, personal experiences, and practical techniques, readers are encouraged to examine the beliefs and behaviors that may be keeping them from living authentically.

From Suppression to Self-Empowerment

Ramamurthy knows the subject personally. Her own experiences with emotional, mental, and physical suppression helped inspire her journey toward healing, self-discovery, and rebuilding her self-worth. Those experiences ultimately became the foundation for her desire to help other women recognize that their value does not depend on external validation.

“I know what it’s like to live in fear of speaking up and prioritizing others over myself,” Ramamurthy shares. “My journey of breaking free, healing, and rebuilding my self-worth inspired me to guide others to do the same.”

Through *Nurture Your Worth*, she encourages readers to stop postponing their dreams while waiting for permission, approval, or validation from others.

The book is particularly relevant for women who identify as people-pleasers, caregivers, high-achieving professionals, or anyone who has learned to prioritize the needs and expectations of others at the expense of their own well-being.

Readers will be guided to:

Understand the emotional impact of people-pleasing and chronic self-sacrifice.

Recognize patterns of self-doubt, guilt, and dependence on external validation.

Develop healthier and more confident boundaries.

Reconnect with their authentic voice and personal values.

Cultivate greater self-worth and self-compassion.

Explore practical tools for mindset and personal transformation.
Use journaling and reflection to deepen self-awareness.
Apply the 3-6-9 Technique as part of their personal growth journey.
Move from feeling stuck toward taking purposeful action.
Create a life that reflects their authentic desires, goals, and values.
An Integrative Guide for Mind, Body, and Spirit

A defining feature of *Nurture Your Worth* is its holistic approach to transformation. Ramamurthy combines her experience in coaching and personal development with practices that engage the mind, body, and spirit. Readers encounter breathwork, yoga, journaling, clinical hypnotherapy, sound vibrational meditation, mindset work, and other reflective practices throughout the journey. The goal is not simply to understand people-pleasing intellectually, but to give readers practical opportunities to begin changing the patterns they have identified.

"You don't have to reinvent the wheel," says Ramamurthy. "I am sharing the resources that I have used in my own life that have helped me regain my voice, my respect, my self-worth, and manifest my dreams into reality."

The book also addresses the importance of recognizing unhealthy relationship dynamics and learning to distinguish genuine care and protection from behaviors that diminish autonomy and isolate individuals from their support systems.

More Than a Book: An Invitation to Choose Yourself.

At its heart, *Nurture Your Worth* delivers a message of self-empowerment: women do not have to abandon themselves in order to love, support, care for, or be accepted by others.

Ramamurthy hopes readers will not simply read the book but actively apply its tools, reflect through journaling, and begin taking tangible steps toward the lives they want to create.

Her ultimate invitation is simple: choose yourself without guilt, speak your truth with integrity and authenticity, and recognize the worth that has been within you all along.

About Aruna Ramamurthy

[Aruna Ramamurthy](#), B.Sc, LMT, ISSA-CPT, MNLP, MTT, MCHt, MSC, is the founder of Enlighten Embody Empower Yourself, a Master Life & Success Coach, mother of two, Certified Yoga and Yoga on Trapeze Practitioner, Sound Vibrational Meditation Therapy Facilitator, and Clinical Hypnotherapist.

With more than 25 years of experience in holistic healing, personal transformation, and wellness-related work, and neuroscience-based coaching, Ramamurthy has dedicated her career to helping people move beyond limiting beliefs, self-doubt, worry, and guilt and develop greater confidence and well-being.

She has served patients in a local hospital as a Certified Healing Touch Practitioner, served as a faculty member of the Cincinnati School of Medical Massage, and is an International Sports Science Association-certified personal trainer.

Through her work as a coach, speaker, practitioner, and educator, Ramamurthy provides tools and resources designed to support mental, emotional, physical, and spiritual well-being.

Her mission is to empower women to break unwanted emotional cycles, build confidence, reclaim their voice, and create meaningful, lasting legacies.

Nurture Your Worth Book Launch

Book Title: Nurture Your Worth: How to Stop People-Pleasing and Manifest the Life You Deserve

Author: Aruna Ramamurthy, B.Sc, LMT, ISSA-CPT, MNLP, MTT, MCHt, MSC

Publication Date: August 29, 2026

Available: International [Amazon](#) marketplaces and bookstores across the USA

Link to book: <https://amzn.to/4q5pa0l>

Readers can learn more about Aruna Ramamurthy and her work at CoachWithAruna.com and connect with her on social media at [@aruna_ramamurthy](#).

About Nurture Your Worth

Nurture Your Worth is a personal development guide for women who are ready to move beyond people-pleasing, self-doubt, guilt, and external validation. Through neuroscience-based coaching concepts, holistic practices, personal stories, guided exercises, and the 3-6-9 Technique, the book invites readers to reclaim their voice, set healthy boundaries, nurture their self-worth, and take action toward a more authentic, empowered life.

Nurture Your Worth: How to Stop People-Pleasing and Manifest the Life You Deserve includes a foreword by Michael Stevenson.

Aruna Ramamurthy, B.Sc, LMT, ISSA-CPT, MNLP, MTT, MCHt, MSC

Enlighten Embody Empower Yourself

Website: CoachWithAruna.com

Social Media: [@aruna_ramamurthy](#)

Dr. Elayna Fernandez

Transformational Storytelling University

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Bluesky](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

TikTok

X

Other

This press release can be viewed online at: <https://www.einpresswire.com/article/937189843>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.