

Kimberly Ann Coots

Author, Coach and Spiritual Counselor
Helping you live the life you desire



Kimberly Coots is a life and business development coach, spiritual counselor and author of the book *Divine Worth: Break the Bonds of Unworthiness and Create the Life You Desire* (May 2011). Her passion is helping people live the lives they desire by connecting with true worth, potential, and purpose, creating greater joy and fulfillment, and shifting the consciousness on the planet from fear to love.

Kimberly is a certified Habit of Attraction Life Coach, board-certified Holistic Health Practitioner and Holistic Alternative Psychology Practitioner, Spiritual Healer Practitioner with the Universal Church of the Master, workshop facilitator, Reiki master/teacher, massage therapist, and certified (by Dr. Eric Pearl) Reconnection Healer.

Kimberly was ordained as a peace minister by James Twyman and is a minister and facilitator for the Seminary of Spiritual Peacemaking. She is the author of *Embracing Inner Power* and *Divine Worth*, has been published in several publications, and is a coauthor of the book *One Page Wisdom*. She also writes body-mind-spirit articles for Examiner.com.

Kimberly is a member of the International Coaches Federation, American Massage Therapy Association, and the American Association of Drugless Practitioners. She is the founder of the online resource center www.ProjectHeartSpace.com.

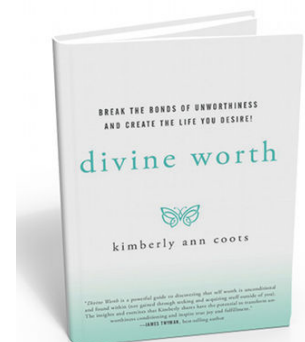
Kimberly has served as an executive in the international marketing and logistics industry for seventeen years and has over ten years of experience as an entrepreneur. She also served on the board of the Entrepreneur's Organization's Detroit Chapter. She currently serves as a volunteer instructor and officer for the U.S. Naval Sea Cadet Corps; and she volunteers at women's addiction recovery centers, facilitating heart circles.

Kimberly resides in Michigan and she enjoys reading, writing, belly dancing, music, traveling, camping, being in nature, volunteering, and being a positive presence in the world.

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Praise for *Divine Worth*:

“Divine Worth is a powerful guide to discovering that self worth is unconditional and found within (not gained through seeking and acquiring stuff outside of you). The insights and exercises that Kimberly shares have the potential to transform unworthiness conditioning and inspire true joy and fulfillment.”

- James Twyman - Best-selling author

“Having a strong sense of self-worth and being passionate about what I do have been important aspects in creating and enjoying my success. I recommend Kimberly’s book, Divine Worth, to anyone who desires to make positive life changes and accomplish their goals. The insights and exercises in this book will inspire you to live a more empowered life!”

- Bronson Arroyo - Major League baseball pitcher

“If you have ever doubted your true worth, read this book and you will never doubt it again! With a step-by-step guide to uncovering your blocks, Kimberly Coots beautifully prepares the way for you to embrace your authentic self and connect to your divine purpose so that you can create the life you truly deserve. Written with clarity, grace, and a big heart, this book is a valuable tool on your path to joy and fulfillment,”

- Amoda Maa Jeevan - Best-selling author and spiritual teacher

“This book is a godsend. Kim walks and breathes her work. The detail in her writing shows how to find a new path of abundance with joy. I read a lot of books, but this book took me to new spaces within myself that I have never seen. Thank you, Kim, for taking the time to articulate a clear road map to places we all need to find within.”

- Shanda Sumpter - Founder, HeartCore Women

“Divine Worth is a gem! Filled with inspiring wisdom from the heart, Kimberly gently guides you on a journey of self-discovery, helping you embrace the beauty of who you are. What greater gift can we receive than learning to be our authentic selves and expressing our full potential? Divine Worth is a book that I wish for everyone to read. Thank you, Kimberly, for paving our way to divine bliss!”

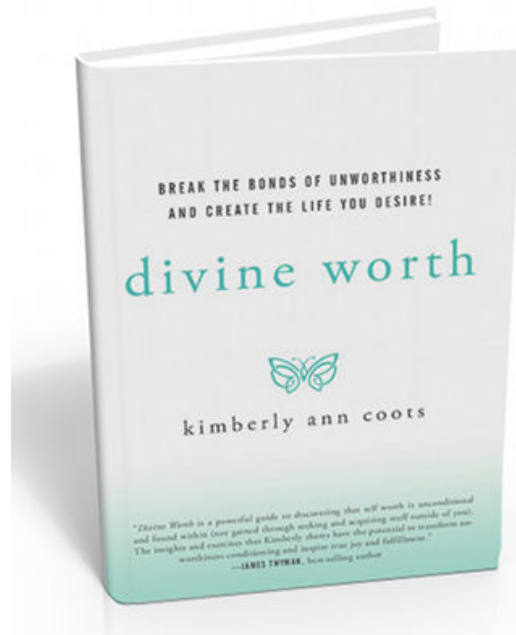
- Saskia Roell - Best-selling author and transformational life and courage coach

“Kimberly is a passionate writer, and she shares that passion in wanting to help others live happier, more fulfilling lives. The lessons taught in Divine Worth truly do come from Kimberly’s heart and can impact all who read her book.”

-Michelle Prince - Best-selling author

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About the book

Are you holding back from pursuing what you want and living your true potential? Do you feel stuck in doubt, worry or negative self-talk? Do you create distractions in your life to avoid feeling unfulfilled? Are you denying your true desires? Feelings of unworthiness are a leading reason why people experience these issues.

Author and life coach Kimberly Ann Coots can help you connect with a greater sense of confidence, purpose and self worth. *Divine Worth* shows you how to transform the unworthiness mindset that may be sabotaging your happiness. You can learn how to break the bonds of unworthiness and experience greater self-worth; meaningful life purpose; more joy and fulfillment; connection with self and life; healthier, happier relationships; and greater abundance. Discover how to be your authentic self and live with purpose, passion and prosperity.

The more than twenty-five practical exercises, tools and insights in this book will guide you in transforming self-limiting thoughts and beliefs, and empower you to create greater joy and fulfillment in your life.



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Divine Worth:

Break the Bonds of Unworthiness and Create the Life You Desire

- A book by Kimberly Ann Coots



Discussion Points/Possible Questions:

- ✦ What are some common causes of unworthiness?
- ✦ What are some ways unworthiness shows up?
- ✦ What can unworthiness affect?
- ✦ What are some ways to transform unworthiness?
- ✦ What does life purpose have to do with unworthiness?
- ✦ What is your personal experience with unworthiness?
- ✦ What led you to write this book?
- ✦ Can you share with us your journey in writing it?
- ✦ Who is this book's message geared toward?
- ✦ How does the book help people transform unworthiness?
- ✦ What is the author's background?
- ✦ Why did you include poetry in the book?
- ✦ In your book you talk about the ego - can you share your definition of what the ego is?
- ✦ How does the ego influence your sense of worth?
- ✦ What is your vision for the book?
- ✦ What obstacles did you face in bringing this book to the world?
- ✦ What benefits might readers get from reading your book?
- ✦ What is the "worthiness" mold?
- ✦ How can we help our children develop a healthy sense of self worth?
- ✦ How is self worth involved in the flow of abundance?
- ✦ When will the book be available?
- ✦ What bonuses are you offering with the book?
- ✦ How can people find out more about you and your work?
- ✦ How can people purchase the book?
- ✦ Why did you choose a butterfly for the image for the book?