

# JEANIE P DUNCAN

 [jduncan@jeanieduncan.com](mailto:jduncan@jeanieduncan.com)

 336.509.4177

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

 [/jeanieduncan/](https://www.linkedin.com/company/jeanieduncan/)

 [/jeanie.duncan.75](https://www.facebook.com/jeanie.duncan.75)

 [/jeanie\\_duncan/](https://www.instagram.com/jeanie_duncan/)



## What would happen if you chose yourself?

So often, women are taught to put others first. We are conditioned to focus on the needs of others rather than prioritizing ourselves — and we become good at it. Choosing others becomes so central to our way of being that we can build big, busy lives without ever stopping to wonder: what if I chose me?

In her mid-forties, Jeanie Duncan was a card-carrying member of the “put others first” club. Wife, mother, daughter, sister, friend — she was surrounded by people she loved and who loved her. From the outside, it was a perfect life. But over the course of a profound period of unraveling and self-realization, she discovered that she had lost herself somewhere along the way.

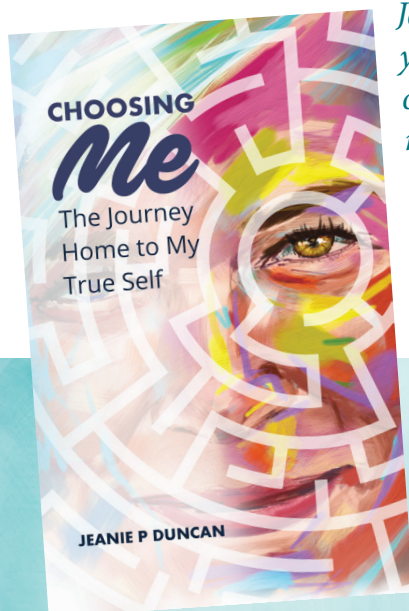
**Choosing Me: The Journey Home to My True Self** is the achingly personal and yet stunningly universal story of one woman’s journey to discovering her truth and finding the courage to live it. At once a coming-out story that uplifts and inspires and a searing exploration of mother-daughter relationships, **Choosing Me** is a refreshing and powerful invitation to embrace love, live fully, and never compromise your truth.

*“Have you ever wondered what would happen if you lived out loud? Simply chose to be your true self in all circumstances?*

*For that matter, have you ever wondered who is the true you?*

*Jeanie offers a process for navigating your life journey and emerging on the other side, closer to living the life you most want to live.”*

**– Denise Turner Roth, President  
U.S. Advisory Services at WSP USA  
Former Obama Administration Senior Official**



Jeanie Duncan is an edge-walking transformation partner who helps individuals and organizations discover their authentic value and unlock the courage to share it with the world. Her mission is all about getting down to the beating heart of what matters most — because every moment is an opportunity to feel fully aligned and alive.

As a former executive and CEO in the nonprofit sector and now a certified coach and business entrepreneur, Jeanie has spent over twenty-five years helping leaders and organizations step into their greatness with purpose and passion. She believes in showing up with big, bold energy in everything she does so she can live her truth and inspire others to discover and live theirs.

It’s the collective passages of transformation — her own and those of her clients — that inspired her memoir, **Choosing Me: The Journey Home to My True Self**. The official release date is October 24, 2022.

Based in North Carolina. Jeanie and her wife, Lyn, make the world their home, traveling and living globally and doing their life’s work.

## INTERVIEW QUESTIONS

- Who should read this book?
- What inspired you to write this book?
- Why is it important to choose yourself and to live your true self?
- Talk about the intersection between knowing and living your truth.
- What are some universal themes women experience in trying to live their true self?
- What’s the most important takeaway the world needs to hear from your book?