

MARA GLATZEL & NEEDY BOOK MEDIA KIT

If you're reading this, it means you've booked an interview with Mara Glatzel. Thank you!

We have collected a number of resources for you, including:

- Short + long bios
- Needy book synopsis + trailer
- Website + social media links
- Link to approved photos
- Links to past interviews and features

If you require any other media pieces, feel free to contact Mara directly at

mara@maraglatzel.com



ABOUT MARA | SHORT BIO

Mara Glatzel, MSW (she/her) is an intuitive coach, writer, and Needy podcast host who helps humans stop abandoning themselves and start reclaiming their sovereignty through embracing their needs and honoring their natural energy rhythms. Her superpower is saying what you need to hear when you need to hear it and she is here to help you believe in yourself as much as she believes in you. Find out more at

MaraGlatzel.com

ABOUT MARA | LONG BIO

Mara Glatzel, MSW (she/her) is an intuitive coach, writer, and Needy podcast host who helps humans stop abandoning themselves and start reclaiming their sovereignty through embracing their needs and honoring their natural energy rhythms.



MEDIA CONTACT

Mara Glatzel

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She's also a queer, femme mother of two, recovering control freak, and a human who deeply understands the impulse to relegate her needs to the bottom of a very long to-do list in an attempt to prove her worth. Her superpower is saying what you need to hear when you need to hear it and she is here to help you believe in yourself as much as she believes in you.

Mara believes that the ultimate act of self-care is rebuilding the chasm in your relationship with yourself so that you can feel seen, heard, and adored by yourself, no matter what. She wants you to know that you don't have to over-deliver, minimize your needs, or suffer to earn your space in the world. You can create a relationship with yourself filled with radiant trust and gentle discipline by taking your daily choices off of autopilot.

Mara is not even a little bit interested in one size fits all self-care that continually misses the mark. Instead, she is ecstatic about helping humans take up space in their lives as they completely redefine their concept of self-care through honoring and advocating for their needs.

Mara received her Bachelor of Arts in English from the College of Wooster in 2007 and a Master's Degree in Clinical Social Work with a specialization in Trauma & Interpersonal Violence from Simmons College in 2012.

Find out more at **MaraGlatzel.com**



ABOUT *NEEDY: HOW TO ADVOCATE FOR YOUR NEEDS AND CLAIM YOUR SOVEREIGNTY*

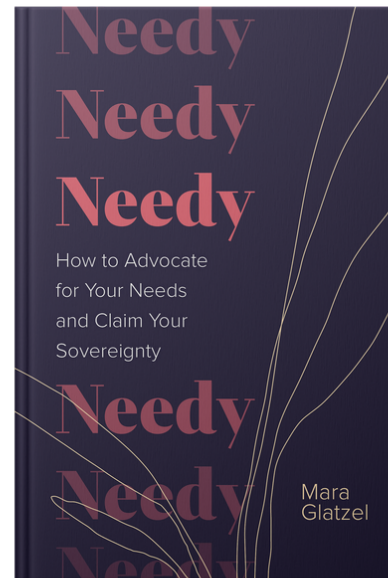
Needy is the book for anyone who has believed they are too much and not enough at the exact same time. Needy redefines self-care in a way that feels recognizable, approachable, and most of all, achievable. Mara Glatzel will instantly change the way you think about yourself, your needs, and your worth.

— Melissa Urban, New York Times bestselling author of *The Book of Boundaries*

Needy is a powerful and tender guide to help us grow from self-abandonment to self-partnership, radical self-care, and self-advocacy.

We've been conditioned to minimize and ignore our needs, putting others first even as exhaustion becomes our new normal. In an effort to stay on top of our ever-expanding list of responsibilities or to make others comfortable, we push our needs to the margins of our lives because we've learned that being needy equates to being a burden.

In this essential guide, Mara Glatzel flips the concept of being needy on its head by encouraging us to reclaim the fact that we ALL have needs that deserve to be acknowledged and met. Together we untangle the societal messaging that has led us to diminishing and abandoning ourselves. Throughout the book, Glatzel helps us understand why traditional self-care practices haven't filled our cup and why it always feels like our needs for validation, love, and belonging are too big to ever fully be met.



While the task of identifying, accepting, and advocating for our needs may seem daunting, *Needy* makes the process accessible to all readers through journal prompts, daily check-ins, and self-care exercises. Glatzel's powerful teachings will show you how to:

- Live your life, instead of allowing your life to live you
- Significantly improve your relationships with family, friends, and coworkers
- Speak, think, and listen in ways that honor your needs and boundaries
- Break patterns that lead to stress, resentment, guilt, and shame
- Release what no longer serves you, and heal the layers of hurt you've been carrying

Glatzel patiently helps us reconnect with ourselves, emerging with the vocabulary and the practices to communicate and tend to our mental, emotional, spiritual, and energetic needs.

Woven with threads of timeless wisdom, honest assessments of our needs, and heartfelt personal stories of transformation, *Needy* illustrates a profound vision of what is possible when we rebuild the foundation for our only guaranteed lifelong relationship: the one with ourselves.



SOCIAL MEDIA LINKS

- [Website](#)
- **Instagram:** [@maraglatzel](#)
- [NEEDY book pre-order page](#)
- [NEEDY book trailer](#)

HOW TO CONNECT

- **Phone Number:** (508) 404-8896
- **Email:** mara@maraglatzel.com
- **Mailing Address:** PO Box 493, North Truro, MA 02652

IMAGE GALLERY

You can select and download headshots and lifestyle shots for Mara Glatzel [at this link](#).

TAKE THE NEEDS QUIZ

If you would like to offer your community the opportunity to deepen into Mara's work, **here is the link** to her free quiz to help them identify what they need and receive all of her best resources and supportive micro-practices.

SAMPLE QUESTIONS

- Your work talks a lot about needs and humans being inherently needy. How do you tend to your needs on an average day?
- Why do you think we are so uncomfortable with our neediness?
- In your opinion, what is the difference between the self-care we are sold and the self-care we *actually* need?
- You often say that self-trust is a practice. How do you practice self-trust on a daily basis?
- You call yourself a recovering control freak and perfectionist -- tell us more about what that means to you.
- What is sustainable action? How do you show up for your ambition without sacrificing your self-care?
- What has been your journey to taking up space in your life?
- Is taking care of yourself easy for you now? How do you find your way back to yourself when you get lost?
- What is the first place you recommend someone starting if they are interested in taking better care of themselves?

LINKS TO A SELECTION OF PAST PODCAST INTERVIEWS

- The Becoming Podcast: **Mara Glatzel on being needy + how to care for yourself during transformational times**
- What Works: **Building a Business Based on What Matters With Coach Mara Glatzel**
- Bound & Determined: **How to be Needy in All the Best Ways**
- Behind the Dream: **Identifying, Advocating & Honoring Your Needs**
- Second Breaks: **Step Out, Take Up Space, And Live Out Loud with Mara Glatzel**
- Everything Belongs with Madison Morrigan: **Mara Glatzel is Needy & You Are Too**
- What's Leadership: **On Needs & Being Soft**
- Between the Moon: **Applying Self-Study to Tend to Your Future Self**



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- Real Talk Radio: **Mara Glatzel on Boundaries, Self-Care & Tending to Your Real Needs + Milestones, Change + Celebration**
- Raise Your Hand Say Yes: **Mara Glatzel on Being Needy & Radical Responsibility + Mara Glatzel on Self-Care**
- The Priestess Podcast: **On Self-Care & Tenderness**
- Reclaim with Thais Sky: **The Power of Getting Support for Coaches + On Embracing Our Neediness with Mara Glatzel**
- Eff Perfect Podcast: **Unapologetically Needy**