

ALLY DALSIMER

AWARD WINNING AUTHOR | MOTIVATIONAL SPEAKER

ABOUT ALLY

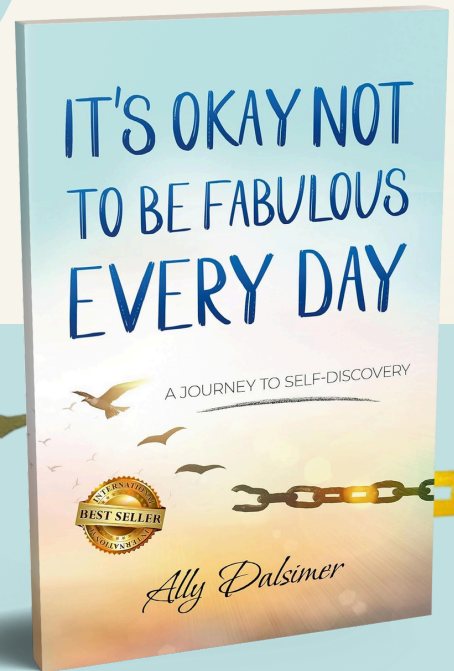
Ally Dalsimer is an award-winning author, motivational speaker, experienced life coach, and certified facilitator. Over the last 30 years, Ally has authored or co-authored more than 50 articles, technical reports, proceedings, book chapters, and brochures. She earned a Master's in Public Policy from Georgetown University, and degrees in English and Psychology from the University of Richmond.

Ally's debut book, *It's Okay Not to Be Fabulous Every Day: A Journey to Self-Discovery*, explores themes of self-discovery, personal growth, and the complexities of the human experience. With a unique ability to capture the nuances of life's most significant moments—both joyful and painful—Ally's writing has been praised for its unflinching honesty and relatable insights which earned it a spot as a CM "Top 50 Nonfiction Book of 2024."

When she's not writing, editing, or coaching, Ally enjoys reading, long walks, and spending time with her two amazing kids and her chubby rescue cat, Pooma.

SPEAKING POINTS

- You are worthy—you don't need to prove your value to anyone!
- Your dreams are worthwhile—no matter how big or small!
- Surround yourself with people who uplift you—life is too short to spend time with those who don't believe in you!
- Embrace your inner fabulousity—success isn't about being "fabulous" every day but about accepting how perfectly flawed you are!
- Learn to say no—boundaries are crucial for your emotional well-being!
- Be kind to yourself—self-compassion helps you navigate the pressures of life!
- Stop comparing yourself to others—your path is unique!
- Define success on your own terms—success is not about meeting societal expectations!
- Celebrate small victories—recognize and appreciate the progress you make, no matter how small!
- Trust in your Self—you have everything you need to succeed within you!



ABOUT THE BOOK

It's Okay Not to Be Fabulous Every Day: A Journey to Self-Discovery is a heartfelt guide that encourages readers to embrace their authentic selves and break free from societal pressures. Combining relatable stories with practical advice, this award-winning book helps readers cultivate self-compassion, resilience, and mindfulness. Its empowering message inspires personal growth and encourages readers to define success on their own terms.

This book will empower you to:

- Shed the burden of perfectionism and embrace your authentic self
- Navigate life's inevitable ups and downs with resilience and grace
- Cultivate self-compassion, the most powerful form of love
- Uncover the beauty and strength that lie within the ordinary
- And so much more

By offering a refreshing perspective on self-discovery, this book provides a roadmap for living a life aligned with your values and dreams. Perfect for anyone ready to embark on a transformative journey, this book is an inspiring companion for navigating life's challenges with confidence and grace.

"An accessibly written self-help book which could help you to find a better balance in life. A RED RIBBON WINNER and highly recommended!"
—The Wishing Shelf Book Awards

"In my career as a psychotherapist, I have read a lot of self-help, self-reflection books. Many are so long that they sit half-read collecting dust on shelves. This book gets to the heart in an hour's read. I highly recommend this inspirational read to anyone needing quick motivation and encouragement!"
—Ann M. Miller, M.A. Ed., LPC, NCC.

"Fabulous and its themes are integral to success!"
—Robert Blake Whitehill, award-winning film and television screenwriter

"... FABULOUS is an inspirational read reminding us that although we should have goals and strive to reach them, we don't have to be at the top of our game every single day"
—Teri M. Brown, Host of Online for Authors podcast, TEDx Speaker, and Author

TO BOOK ALLY FOR AN INTERVIEW OR AS A SPEAKER, PLEASE EMAIL
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~ EMBRACE YOUR INNER FABULOSITY ~