

Author: Jacqui Olliver
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Jacqui Olliver:

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Author Bio

Jacqui Olliver had an extraordinary start to life. Plagued by personal problems she stumbled through life mystified by the complexity of unrequited love. Right from childhood she encountered insurmountable problems. She couldn't fit into the norm. Her self-doubt blossomed into a mission. Solve the answer of how love is generated. Understand the essence of a relationship. Feel like she belonged somewhere. So, upon reaching adulthood she undertook different paths to try and expand her knowledge base. She learned different skills with her enquiring mind. By a huge fluke of luck, she stumbled onto the ultimate answer.

This answer unraveled all of her doubts in life and pushed her into the spotlight. Now she had a beacon of hope for herself and all the people in similar circumstances whom she had made a pledge to help. She took monstrous strides in her development (gaining additional qualification via Cognitive Behavioral Therapy) exceeded all her expectations and changed from a national identity into an internationally renowned adviser and mentor on the above subjects.

Jacqui now thrills audiences globally with her candid observations on life and how to overcome the common stumbling blocks which prevent people from experiencing a sense of peace and well-being. Her thought-provoking and witty sentiments capture the essence of life's most commonly occurring problems to which she provides unparalleled answers.

Who do you know who can transform an individual and ALL of their relationships simultaneously?



Jacqui Olliver

Psychosexual Relationship Specialist at End the Problem

Jacqui Olliver is a leader in forward thinking, an engaging speaker as well as a dynamic woman in the field she specializes in. This entails sexual "malfunction" issues, emotional resistance solutions, and attraction alignment strategies for both sexes... there is no problem mentioned which fazes her in the least!

Book Bio



Emotional and intimacy issues which contaminate relationships are solved in this book along with a proven strategy for enhancing all aspects of personal connection. These insightful answers can transform an adult or teen from feeling frustrated, insecure and isolated into a happy, radiant and confident person.

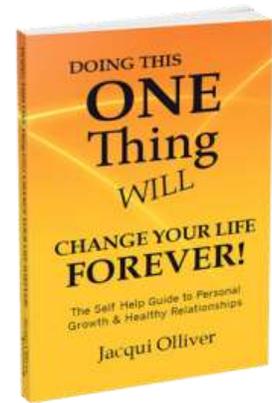
Have you ever wondered why it's such a challenge being human? Unlike a car, we didn't come with a guide which explains how to drive our body. We didn't have our emotions explained to us in a manner which enabled us to use them as a springboard to feel fantastic. Instead, we are totally overwhelmed to the point we just want to give up or bury our head in the sand.

The main impediment being, we didn't inherit the most basic skills to enhance living! It's small wonder so many people feel depressed, disconnected and alone. Anxiety and other strong emotions are often the reason why we are unable to solve bigger issues. As I eventually discovered from my own life experience, emotional problems generally result from lacking skills and knowledge, especially about the driving forces in our life.

Using real life examples, I explore and explain the reasons why emotions prevent us from not rectifying and resolving these issues. I've endeavored for this book to be a life "guide" which highlights what we need to know and the ultimate explanation of how to incorporate this feel good formula into everyday living. I'll show you how to neutralize any strong emotion within seconds and how to successfully navigate through the most complex challenges we all face in life.

[Get the book on Amazon](#)

Reviews



“Jacqui offers a readable, useful and important book. She has emerged with a simple, clear, counselling technology beyond mindfulness, or mere resilience training.” **Dr Graham Little, PhD**
Institute of Theoretical and Applied Social Sciences
(Recommended this book to the Government to assist in formulating new social and mental health policy.)



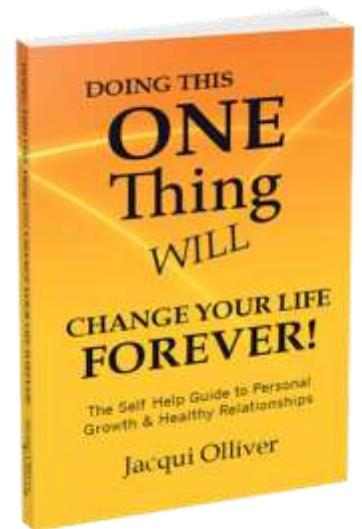
“You are really amazing. Your views on human psychology and emotions will one day, change whole of medicine.” **Dr Vijay Raghavan, Diabetes and Metabolic Specialist for Incurable Diseases**

“I absolutely love it, it changed my life. You know when people say: “game changer” they really mean this book they just don’t know it.” **Amanda Haywood**

“This is such an easy book to read, with a unique perspective on relationships. This should be part of the sex education curriculum that is taught in schools.” **TR Olliver, Dove Medical Press**

“There are numerous lessons, valuable ideas, and advice in this book that will provide a wide range of insights to many people across several topics, from relationship issues to self-reflection concerns to overcome. I recommend this book to anyone who seeks meaning and an intimate guide for personal growth in one of more areas of their lives.” **Joseph Legaspi**

Target Audience



WHO SHOULD READ IT

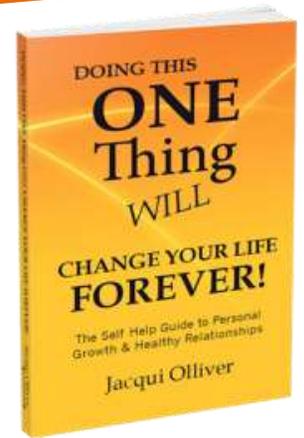
- college and older high school students
- teachers and librarians
- parents and caregivers
- employers and employees
- customer service representatives
- human resources professionals
- mental health sufferers

BOOK BENEFITS

- transform negative thoughts and emotions
- make difficult conversations easy
- ease anxiety, depression and release addictions
- create happy and healthy relationships
- understand and prevent sexual dysfunction
- feel relaxed and at ease in social situations



Book Excerpt



(Excerpted from this chapter)

Emotions and Problems: The Chicken or the Egg?

Most people want to feel better but don't know how. Our strong emotions tend to regenerate everyone else's repressed feelings. This triggers an emotional response in them also, which makes them act resistant towards us. Due to this, we all try and shut our emotions down and try not to think about feeling that way in a vain attempt to stay connected with others. But this doesn't work and makes us start feeling disconnected from ourselves and out of sync. This results in it becoming even more difficult for us to communicate clearly; which then affects our ability to feel heard.

Remember that the subconscious contains ALL of your memories and stores them as data. As you become older you can then access a huge database of memories related to specific emotions which means that you can spend hours analyzing why you might be feeling a particular way.

Another problem with waging a constant mental battle within yourself is that it's impossible for your body to relax. The programs which regulate your breathing, heart rate, blood pressure, and relax your muscles cannot be maintained in tandem with a stressful thought sequence.

Constantly thinking about a problem causes you to retrigger the associated emotions and overwhelm yourself with your imagined outcomes. You then start avoiding feeling the emotions in the hope that will make you feel better. Unfortunately, that doesn't happen because it's not how your brain works.

Your conscious mind is constantly analyzing all the information given to it. So, what happens when you're constantly dredging up a past issue – what you did wrong, what you wish you had done differently, how the person reacted, then you are predominantly going to be focused on self-inflicted pain and problems. This will trigger more emotional responses... which you will then try not to feel. This then makes your cycle of self-destruction continue.

Resistant feelings suppressed for years will always resurface if they haven't been dealt with. The logical way to effectively deal with emotions and previously resisted feelings is to allow them to resolve as they become triggered.

When it feels uncomfortable mentally, physically or emotionally, it's a clear indicator that an emotional response has been triggered. If you choose to continue to ignore the physical discomfort of an emotional response, your mind will continue cycling and recycling through all your associated issues from the past and whatever is happening at present. This accumulated effect will begin to imagine future problems.

How many times do you have imaginary conversations with people? Remembering conversations from the past and then continuing the conversation on now in your imagination?

[Get the book on Amazon](#)

Interview Q's

1 What causes people to have an emotional outburst?

2 Why do I feel triggered when someone else is losing their cool?

3 How can I stop an argument before it spirals out of control?

4 Why do difficult conversations so often end in an argument?

5 How do I keep calm when discussing something important?

6 What prevents me from feeling good about myself?

7 How can we remove the need for smoking and other addictions?

8 What steps can people take to move out of a depressed state?

9 How to stop negative thoughts from spiralling out of control?

10 What makes us feel like we don't fit in?

11 How can we overcome social anxiety?

12 What makes a partner lose interest and become distant?

13 How do I deal with a partner who is being resistant toward me?

14 How do I easily communicate what I want and need?

15 What can I do to help someone who is visibly upset?

16 How can I support myself when I am feeling upset?

17 Why so much confusion around sex education?

18 What do teens need to know about sex?

19 What causes a man to lose his erection?

20 What makes a man ejaculate early?

21 Why do so many women have problems achieving orgasm?

22 How do we put a halt to sexual assaults and sexual misconduct?

Story Ideas for Reporters



1. Emotional reactions: Beyond mindfulness. How to stop anger and other emotional outbursts from destroying your relationships with others.

2. Feeling Heard: Why arguing your point never works and the secret way to easy communication in your relationships.

3. Solving addictions: Why we require external feeling fixes, and how to easily remove the need for your fix within seconds.

4. Understanding depression: How to remove the invisible walls of resistance which keep you isolated and prevent you from feeling connected with others.

5. Anxiety and mental health: How to instantly turn the light back on when your thoughts are in a dark place and you have become anxious and negative.

6. Emotional support: How to support an adult, teen or child through an emotional outburst without losing your cool and making the situation worse.

7. Social anxiety: How to neutralize anxiety and the essential steps for feeling relaxed and at ease in all social situations.

8. Relationship success: How to thrive emotionally as well as sexually in a relationship and how to maintain attraction for life.

9. Sex education: Abstinence vs Real-Life sex education. The missing sex education every teen wants and needs to succeed as a fully functioning adult.

10. Sexual failure: Why over 30% of the adult population suffers from sexual “malfunctions” and the easy, step-by-step procedure required to solve them without lifestyle changes.

11. Sexual misconduct: The main issue underlying sexual deviance, and how to almost immediately halve the number of sexual assaults and sexual misconduct.

DOING THIS

ONE
Thing
WILL

CHANGE YOUR LIFE
FOREVER!

The Self Help Guide to Personal
Growth & Healthy Relationships

Jacqui Olliver

Downloadable Photos

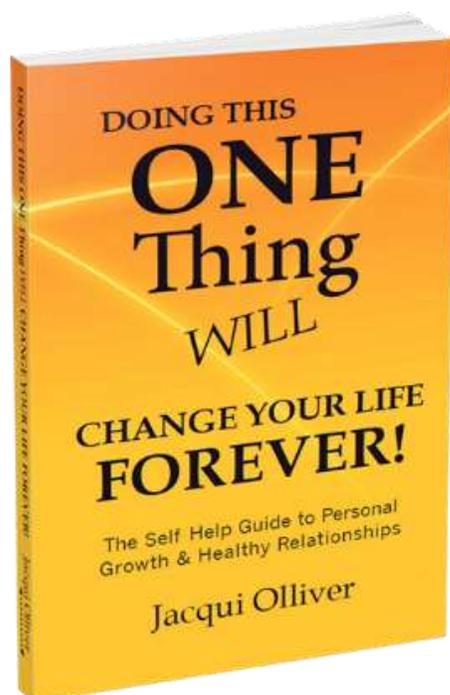
I appreciate requests for photographs for press and media use. Please email and let me know where you post your article, so I can link to it ~ thank you.



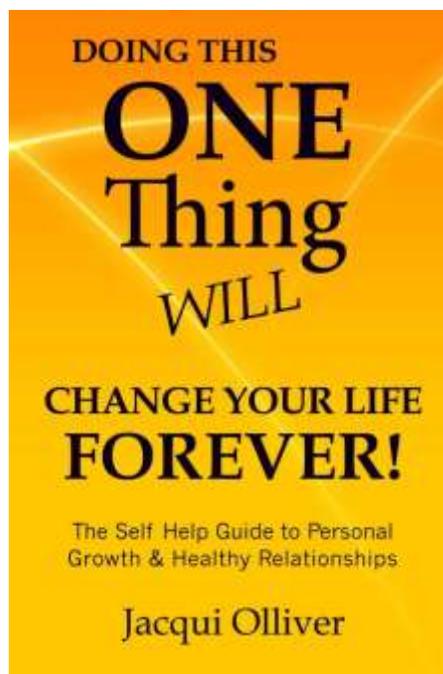
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Connect with Jacquie Olliver

Email: jacqui@endtheproblem.com

Phone: +64 21815029

Website:

EndTheProblem.com (answers)

Facebook: [Real EASY Love](https://www.facebook.com/RealEASYLove)

Twitter: [@endtheproblem](https://twitter.com/endtheproblem)

