

# New Book, My Ultimate Self, Explores How Death Can Be a Powerful Motivator for Personal Transformation

*The question what if I die today was the impetus of My Ultimate Self, which explores the transformative power of death and the need to live a purposeful life.*

“

I loved that this book was relatable informative and motivational. It highlighted the importance of self awareness and self analysis and the steps necessary for intentional self development.”

*Amazon Reviewer*

NEW JERSEY, UNITED STATES, May 3, 2023

/EINPresswire.com/ -- Author Esther Lewars, an educator and motivational speaker, has released her first book titled "My Ultimate Self: How Death Became My Motivator." Esther shares her journey of self-discovery and transformation, inspired by the death of her loved ones.

The book chronicles Esther's grief, loss, and fear of death. Overcome with despair and purposelessness, Esther embarked on a quest to find meaning in her life. Through introspection, positive habits, using her ARADAR framework, and connecting with God, Esther discovered a

newfound appreciation for living life to its fullest.

"My Ultimate Self" offers readers a candid and insightful look at the transformative power of death and how it can inspire us to live more authentically and with greater purpose. The book is a must-read for anyone seeking meaning and purpose, especially in adversity and loss. "I wrote this book to share my transformation journey and to offer hope and inspiration to anyone struggling to find meaning and purpose in their own life," says Esther Lewars. "Death can be a powerful motivator for personal growth and transformation, and I hope my story can inspire others to live their best life."

"My Ultimate Self: How Death Became My Motivator" is available now in print and eBook format on [Amazon](#). It has biblical quotes, nature photographs, and reflective worksheets to help readers process their loss and take steps to become their ultimate selves.

eBook | 6 x 9in | 162 pages

About Esther Lewars:

Esther Lewars is an educational technology specialist, school supervisor, adjunct professor, Caribbean Commissioner, and motivational speaker. She helps individuals and organizations unlock their full potential through mindfulness, self-discovery, and personal transformation. Esther is a graduate of Teachers College, Columbia University; the mother of two teenage children; and the founder of [Vernov](#) Technology Group, a digital training, media, and publishing company.

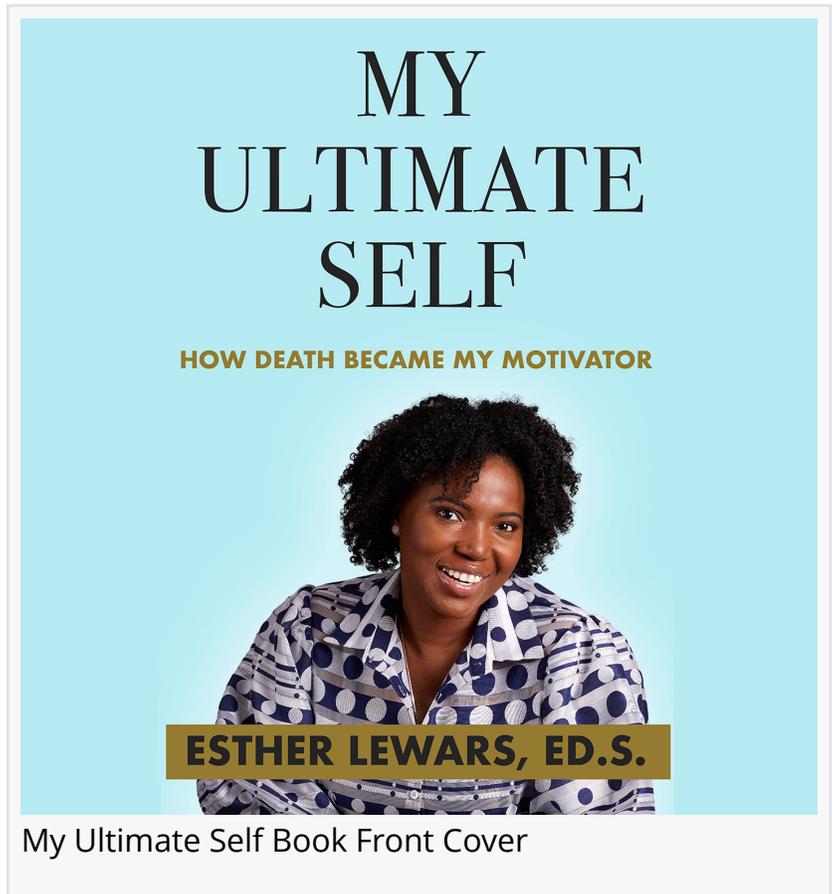
For media inquiries, please contact (973) 996-8438 or email [myultimateself@estherlewars.com](mailto:myultimateself@estherlewars.com).

Visit [www.estherlewars.com](http://www.estherlewars.com) for more information.

Esther Lewars  
Vernov Technology Group, LLC  
973-996-8438  
[email us here](#)

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