




**Mara Glatzel, MSW**, (she/her) is an intuitive coach, writer, and podcast host. She is a needy human who helps other needy humans stop abandoning themselves and start reclaiming their humanity through embracing their needs and honoring their natural energy cycles. 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](http://maraglatzel.com).

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“*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 Whole30* and *The Book of Boundaries*

“*Needy* gives us permission to claim our needs, honor our desires, and care for ourselves in real, meaningful, life-altering ways. With deep personal shares, powerful teachings, soft reminders, and prompts to engage, *Needy* is a mirror of what we deserve, what’s available to us, and how we can get there with as much self-nurturance as possible.”

**LISA OLIVERA**, author of *Already Enough*

“As an Indigenous woman navigating the complexities of a colonial system, this book is revolutionary for myself and the vision I hold for the generations to come. *Needy* is a beautiful invitation to unwind from what we’ve been told and begin to embrace what our hearts and bodies are longing for. It is much needed medicine for these times.”

**ASHA FROST**, Indigenous medicine woman, author of *You Are the Medicine*

“*Needy* is the invitation and permission slip you need to stop abandoning yourself and your life right now. In a compassionate but direct way, Mara Glatzel shows us the dangers of denying our humanity, how we can reclaim it, and the peace and joy that there is on the other side.”

**LAURA MCKOWEN**, author of *We Are the Luckiest*

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*Needy*

Mara Glatzel



**Needy**  
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 How to Advocate  
 for Your Needs  
 and Claim Your  
 Sovereignty  
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Mara Glatzel

**Reclaim and Reimagine  
 Self-care, on Your Terms**

**YOU HAVE NEEDS**—your needs matter. And yet, you’ve been taught that pushing your needs to the back burner is the only way to get things done, that your needs are an overwhelming burden, or that self-care is a luxury you can’t afford. But the presence of your needs is a fact and not a flaw. You can reclaim your energy and take up space in your own life.

In *Needy*, Mara Glatzel shares her unique approach to identifying, honoring, and advocating for the most tender and true parts of yourself that yearn to be acknowledged. She invites you to embody self-acceptance, which leads to meaningful growth in self-responsibility, self-care, self-trust, and self-love.

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 you listen to the stirrings of your heart and reclaim your undisputed sovereignty.

Through thought-provoking exercises, daily check-ins, and journal prompts, Glatzel shows us how to carve out a path to do things in our own way and on our own terms—even if that feels scary or impossible right now. In practicing this work, you will begin to see how to live your life with unshakable confidence, knowing that you can exist in all your humanity because you are enough exactly as you are.

*Needy* is a moving call to action that will awaken hearts, illuminate the path home to ourselves, and provide the tools to forge a life we love. Now is the time to bravely step into your next chapter, grounded in principles and purpose that last an eternity.

# Needy

Mara Glatzel

