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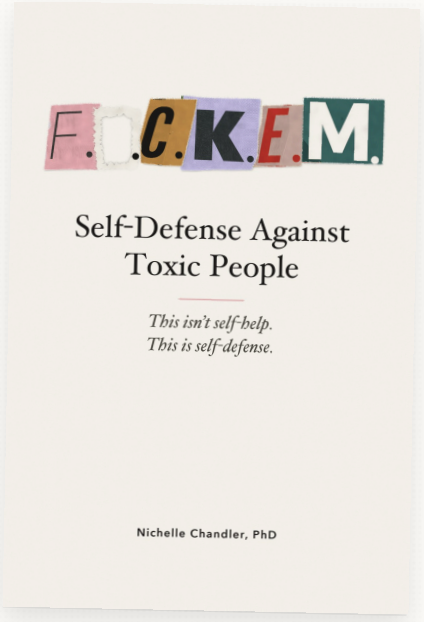
F.U.C.K.E.M.

THIS ISN'T SELF-HELP. THIS IS SELF-DEFENSE.



NICHELLE CHANDLER, PHD · LICENSED PSYCHOTHERAPIST · AUTHOR

A practical emotional self-defense system for recognizing toxic patterns earlier, protecting your peace, and deciding who gets access to you before the damage deepens.

6 PROTECTIVE PRINCIPLES · 18 SELF-DEFENSE WEAPONS · ONE DEFENSE SYSTEM

MEDIA INQUIRIES: NICHELLE@DRNICHELLE.COM · (469) 939-3644

FCKEMBOOK.COM

POSITIONING

THIS ISN'T SELF-HELP. THIS IS SELF-DEFENSE.

This is not another self-help book asking you to breathe deeper, forgive faster, or be the bigger person. It is a manual for protecting your peace, your energy, and your mind from the people who drain them: a clinically grounded system for recognizing toxic patterns earlier and deciding who gets access to you.

TITLE
F.U.C.K.E.M.: Self-Defense Against Toxic People

AUTHOR
Nichelle Chandler, PhD

CATEGORY
Nonfiction · Psychology / Self-Protection

FORMATS
Paperback, Hardcover, E-book

TRIM
6 × 9 in

LENGTH
10 chapters, Epilogue, 5 appendices · approx. 300 pages

ISBN
979-8-218-55699-0

PUBLISHER
Brooktree Counseling & Consulting, PLLC

ON SALE
To be announced

WEBSITE
fckembook.com · @DrNichelle

THE FRAMEWORK

F
FOCUS ON YOURSELF
Your first line of defense.

U
UPHOLD YOUR TRUTH
Your inner armor.

C
CREATE YOUR BOUNDARIES
Your outer defenses.

K
KEEP YOUR PEACE
Your calm under fire.

E
ELEVATE YOUR ENVIRONMENT
Your defensible ground.

M
MOVE YOUR BODY
Your defense in motion.

WHO IT'S FOR

The strong friend
The reliable coworker. The dependable wife, mother, daughter. The woman who shows up for everyone while running on empty.

The overlooked
The woman who has smiled through disrespect, stayed past her limit, and said yes when her spirit screamed no.

Black women
Especially Black women, conditioned to endure rather than protect, to be strong rather than safe.

Anyone ready to say enough
Anyone drained, diminished, or devalued by toxic people and finally ready to say: enough.



Nichelle Chandler, PhD

20+ YEARS

CLINICAL PRACTICE

SPEAKER

PROFESSIONAL & SURVIVOR-SERVING AUDIENCES

PESD

CLINICIAN-FACING FRAMEWORK

RESEARCH-INFORMED

GROUNDED IN CLINICAL LITERATURE

ABOUT THE AUTHOR

DR. NICHELLE CHANDLER

LICENSED PSYCHOTHERAPIST · COUNSELOR EDUCATOR · AUTHOR · SPEAKER · DALLAS, TEXAS

SHORT BIO (50 WORDS)

Nichelle Chandler, PhD, is a licensed psychotherapist, counselor educator, and speaker, and the creator of the F.U.C.K.E.M. framework for emotional self-defense. Drawing on more than twenty years of clinical practice, she helps people recognize toxic patterns earlier, protect their peace, and decide who gets access to them.

FULL BIO

Dr. Nichelle Chandler is a Dallas-based licensed psychotherapist, counselor educator, author, and speaker who helps people break free from toxic relationships and the lingering impact of trauma. As creator of the F.U.C.K.E.M. framework, she blends clinical expertise with no-nonsense, culturally grounded wisdom, especially for Black women who are tired of shrinking themselves to keep the peace.

Across more than twenty years in counseling and community mental health, schools, substance-use treatment, private practice, teaching, and clinical leadership, Dr. Chandler watched brilliant, capable women dim their light to accommodate toxic people. She wrote F.U.C.K.E.M. to reframe “self-help” as emotional self-defense: a practical, repeatable system of six protective principles and eighteen self-defense weapons, each demonstrated through practical tactics, for defending your mental health and reclaiming your power. The clinical version of the framework, Proactive Emotional Self-Defense (PESD), is in press at a peer-reviewed counseling journal.

She wrote the book she needed when she was falling apart quietly, while the world called her strong.

THE ORIGIN STORY

“HOW DO YOU DEAL WITH PEOPLE LIKE THIS?”

One night over dinner, a close friend burst into tears over yet another toxic situation and asked that question. Dr. Nichelle’s answer, two words long, named a framework she had been teaching her clients for years: not adjustment, but armor. Not tolerance, but boundaries. Not only healing from harm, but preventing it. She calls it emotional self-defense.

AUDIO OF THE ORIGIN STORY, READ BY THE AUTHOR: FCKEMBOOK.COM/MEDIA-KIT.HTML

INTERVIEW TOPICS

DR. CHANDLER IS AVAILABLE TO SPEAK ON

Self-defense, not self-help
Why "self-defense" is a more effective frame than "self-help" for toxic relationships.

The cost of being the strong one
The hidden toll on the friend, colleague, or daughter everyone leans on.

Toxic stress lives in the body
Why the body often notices first, and what to do about it.

Black women and self-defense framing
Why the language of self-help can feel like one more assignment, and what lands instead.

Boundaries that actually hold
What most people get wrong, and the difference between a boundary and control.

Recognizing manipulation early
Spotting the pattern before it takes root, and why intelligent people explain it away.

The F.U.C.K.E.M. framework
Six principles, eighteen self-defense weapons, one defense system.

Workplace toxicity
When your job is the toxic relationship.

Proactive Emotional Self-Defense
For clinician and professional audiences: moving upstream from recovery to prevention.

SAMPLE INTERVIEW QUESTIONS

01 **What made you decide to call this "self-defense" instead of "self-help"?**

02 **You dedicate a section specifically to Black women. Why was that important?**

03 **What's the biggest mistake people make when trying to set boundaries?**

04 **How do you know when a relationship is toxic versus just difficult?**

05 **What does the F.U.C.K.E.M. acronym actually stand for?**

06 **You talk about toxic stress living in the body. Can you explain that?**

07 **What's your advice for someone who knows they're in a toxic situation but feels stuck?**

08 **How did your own experience with toxicity shape this book?**

09 **You say attraction isn't the problem, access is. What do you mean?**

10 **What is the free Toxic Pattern Check, and who should take it?**

QUOTABLE

IN HER WORDS

"This isn't self-help. This is self-defense."

"Attraction is not the problem. Access is."

"Your body always keeps the receipts. And it keeps them because silence stripped you of your defenses."

"You're not abandoning people; you're abandoning pain."

"Toxic people live in your head rent-free. This is how you evict them."

"Self-defense gives Black women permission to do what many of us were never taught: to stop absorbing harm and start preventing it."

"The goal was never to make you harder. It was to make you harder to reach for the people who have been draining you."

"You don't need a new personality. You need a better strategy, and the courage to keep choosing you."

All quotes attributable to Dr. Nichelle Chandler.

CONTACT & BOOKING

DR. CHANDLER IS AVAILABLE FOR

- Podcast interviews
- Radio and TV appearances
- Print and digital media features
- Speaking engagements and keynotes
- Corporate workshops on workplace toxicity
- Book club visits (virtual)
- Clinician training on the F.U.C.K.E.M. framework

MEDIA INQUIRIES

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REVIEW COPIES

Digital review copies are available on request for verified media, book reviewers, and influencers.

BULK ORDERS

Organizations, book clubs, therapy practices, HR departments, and universities should contact the author directly for discounted pricing.

DOWNLOADS

High-resolution photos, cover art, the press release, a sample excerpt and the origin-story audio are at **fckembook.com/media-kit.html**. Please credit photos "Courtesy of Dr. Nichelle Chandler."