

# Elizabeth De Sevo Unveils Choose Your MOMents, A Transformative Guide to Living with Intention After Loss

A heartfelt and empowering guide to presence, choice, and intentional living

Inspiration for everyday life

# CHOOSE YOUR MOMENTS



How the sudden loss of my  
mother taught me how to live

ELIZABETH DE SEVO

**Tomah, Wisconsin Feb 11, 2026** ([IssueWire.com](https://IssueWire.com)) - Author, speaker, and coach **Elizabeth De Sevo** announces the release of her inspiring new book, ***Choose Your MOMents: How the Sudden Loss of My Mother Taught Me How to Live***, a reflective and practical work that invites readers to transform everyday moments into meaningful, life-shaping experiences.

## About the Book

*Choose Your MOMents* offers a fresh and deeply personal perspective on presence and intentional living, inspired by the sudden loss of the author's mother. Through the concept of "MOMents," De Sevo illustrates how points in time no matter how ordinary can become powerful tools for growth, connection, and fulfillment.

With a simple yet profound message, the book emphasizes the role of **choice** and **willingness** in shaping the quality of our lives. Blending personal insight with practical reflection, *Choose Your MOMents* encourages readers to step out of autopilot mode, become fully present, and consciously choose how they experience life moment by moment.

## About the Author

**Elizabeth De Sevo**, originally from Lincroft, New Jersey, is an author, speaker, and coach dedicated to transforming how individuals and organizations experience life through intentional choice and presence. Following the sudden loss of her mother, she came to realize that life is made up of moments and that we always have a choice in how we live them. This realization became the foundation of her "MOMents" philosophy and the inspiration behind her book.

Elizabeth began her career in public relations and athlete representation, managing the careers of Olympic figure skaters and producing live sporting events and international tours. She holds a degree in Psychology from **The Catholic University of America** and a coaching certification from the **Quantum Success Coaching Academy**, with further studies in neuroscience, positive intelligence, and positive psychology.

Her signature **MOMents Method** helps individuals and organizations cultivate presence, intentionality, and purpose-driven decision-making to enhance well-being and performance. With a career that has taken her around the world, Elizabeth has lived in Madrid, Spain for the past 15 years, where she continues her coaching and speaking work globally.

## Media Appearances & Speaking Engagements

Elizabeth De Sevo has been featured across numerous media platforms and professional settings, including:

- Podcasts: **The Author's Show**, **The Healthy Mind**, **The Good Soul**, **Inspired Conversations**
- **Awakend Magazine** – Cover Feature (May 2025) and podcast guest
- Articles in **Women's Insider**, **Brainz Magazine**, and **HR Exchange Network**

- Speaker for global organizations including **McDonald's, Google, and IBM**, as well as leadership and industry conferences

## Message to Readers

*Choose Your MOMents* is an invitation to pause, reflect, and live with greater awareness. Elizabeth encourages readers to recognize the power they hold in every moment and to choose presence, intention, and meaning, even during life's most challenging times.

## Book Availability

*Choose Your MOMents: How the Sudden Loss of My Mother Taught Me How to Live* is available now on Amazon: <https://www.amazon.com/dp/B0D8JKQYJP>

## Author Website

For more information, visit <https://chooseyourmoments.net/>

**The Spotlight Network on Choose Your MOMents by Elizabeth De Sevo:**

<https://www.youtube.com/watch?v=7YaaTD-KyRE>



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