

ANNE DRANITSARIS, PHD

Author, Psychotherapist, Leadership Coach

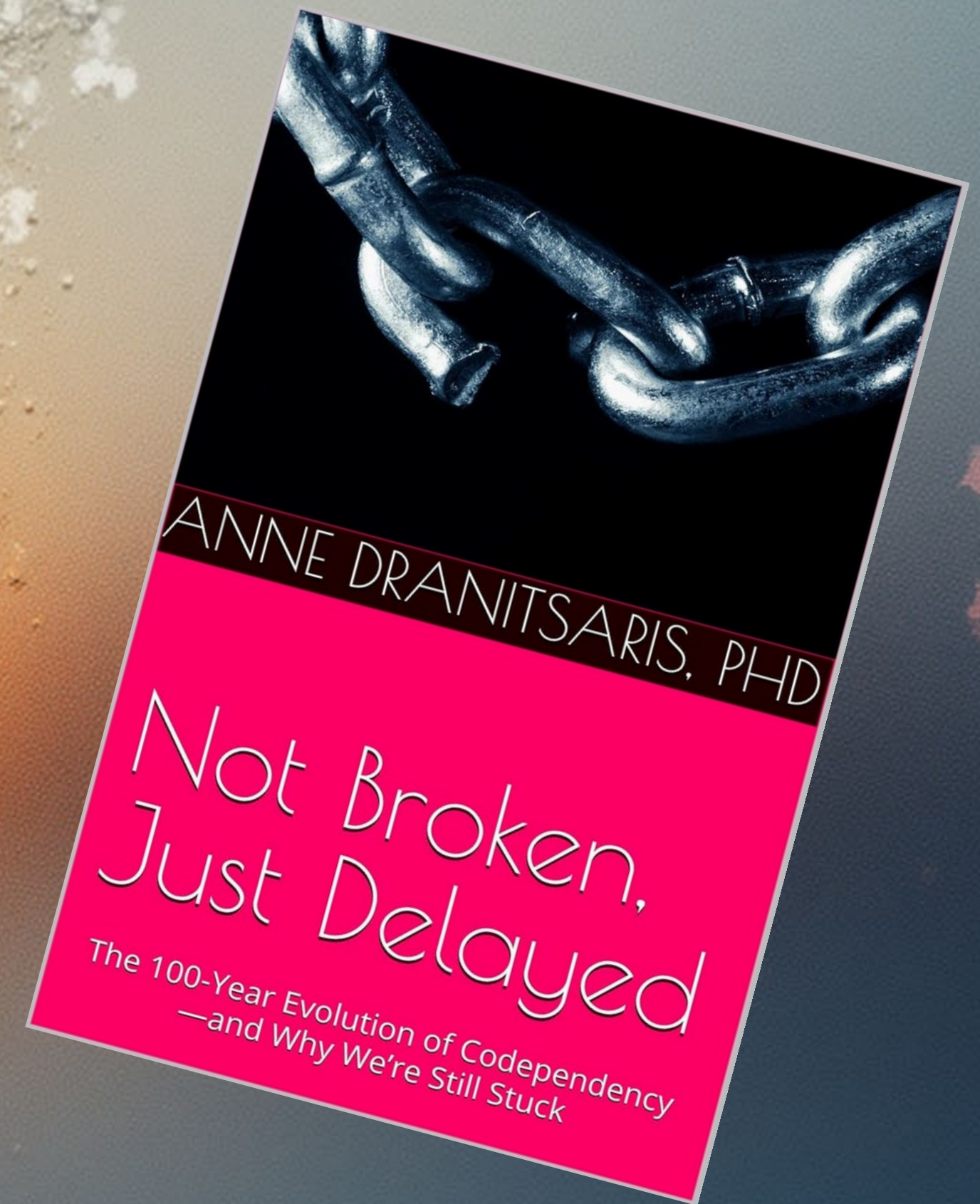
*Reframing Codependency &
Imposter Syndrome for Individuals
Seeking Authentic Development*

MEDIA PRESS KIT



“We live in a world that
teaches us to fix ourselves
instead of developing.

To numb pain instead of
grow through it.



But what if you were never broken—only delayed?”



ILLNESS OR DEVELOPMENTAL DELAY?

We've been treating codependency as a disease to recover from—and it's keeping millions emotionally stuck.

But what if the entire model was wrong?

Not Broken, Just Delayed reveals how the medical model hijacked human development—teaching us to pathologize pain instead of grow through it.

This is not a book about healing. It's a book about becoming who you are meant to be!

*“You were never
broken — you were
just delayed.”*



WHY THIS BOOK MATTERS

🌍 In a world defined by burnout, disconnection, and emotional fatigue, *Not Broken, Just Delayed* invites a new conversation about what it means to grow.

🌟 **Reframes codependency** — not as an illness to heal, but as a *developmental delay* we can complete.

🧠 **Exposes the limits** of the medical model — contrasting “recovery” with *true emotional development*.

🌱 **Empowers readers** to reclaim their growth, take ownership of their evolution, and live as their Authentic Selves.

“We’ve spent a century trying to heal what was never broken. But our pain was never a pathology — it was a pause in our development. The medical model taught us to recover instead of grow, to manage symptoms instead of mature. But true healing isn’t found in recovery; it’s found in becoming who we were meant to be.”

– Dr. Anne Dranitsaris



WHO THIS BOOK IS FOR

💕 **Individuals Seeking Growth:** For those who've tried therapy or self-help but still feel held back.

👨👩👧 **Parents Who Want to Break the Cycle:** For parents who see their children mirroring their emotional patterns.

💕 **Those Struggling in Relationships:** For anyone who gives too much, loses themselves in others, or confuses care with control.

💼 **Employees and Leaders:** For professionals who overwork, people-please, or feel unfulfilled despite success.

🧭 **Helping Professionals:** For therapists, coaches, and leaders who want to understand why awareness doesn't always create change — and how to guide others toward true psychological growth.



INTERVIEW & SEGMENT TOPICS

Anne doesn't just talk about codependency. Here are some of the many topics and reasons to have her as a guest on your show or program.

The Culture of Emotional Numbing

Why we'd rather medicate our emotions than mature through them — and how comfort culture keeps us developmentally delayed.

The Real Reason You're Still Stuck

Insight isn't enough. Here's how emotional immaturity and early conditioning block real transformation — even in high-functioning adults.

The Lie of Recovery

We've spent decades trying to heal what was never broken. Codependency isn't a wound — it's an unfinished stage of development.





INTERVIEW & SEGMENT TOPICS

Each of these themes invites audiences to question old beliefs, see themselves differently, and take ownership of their growth. They're designed for TV, radio, podcasts, and print — short, emotionally charged, and media-ready.

4. From Self-Fixing to Self-Leadership

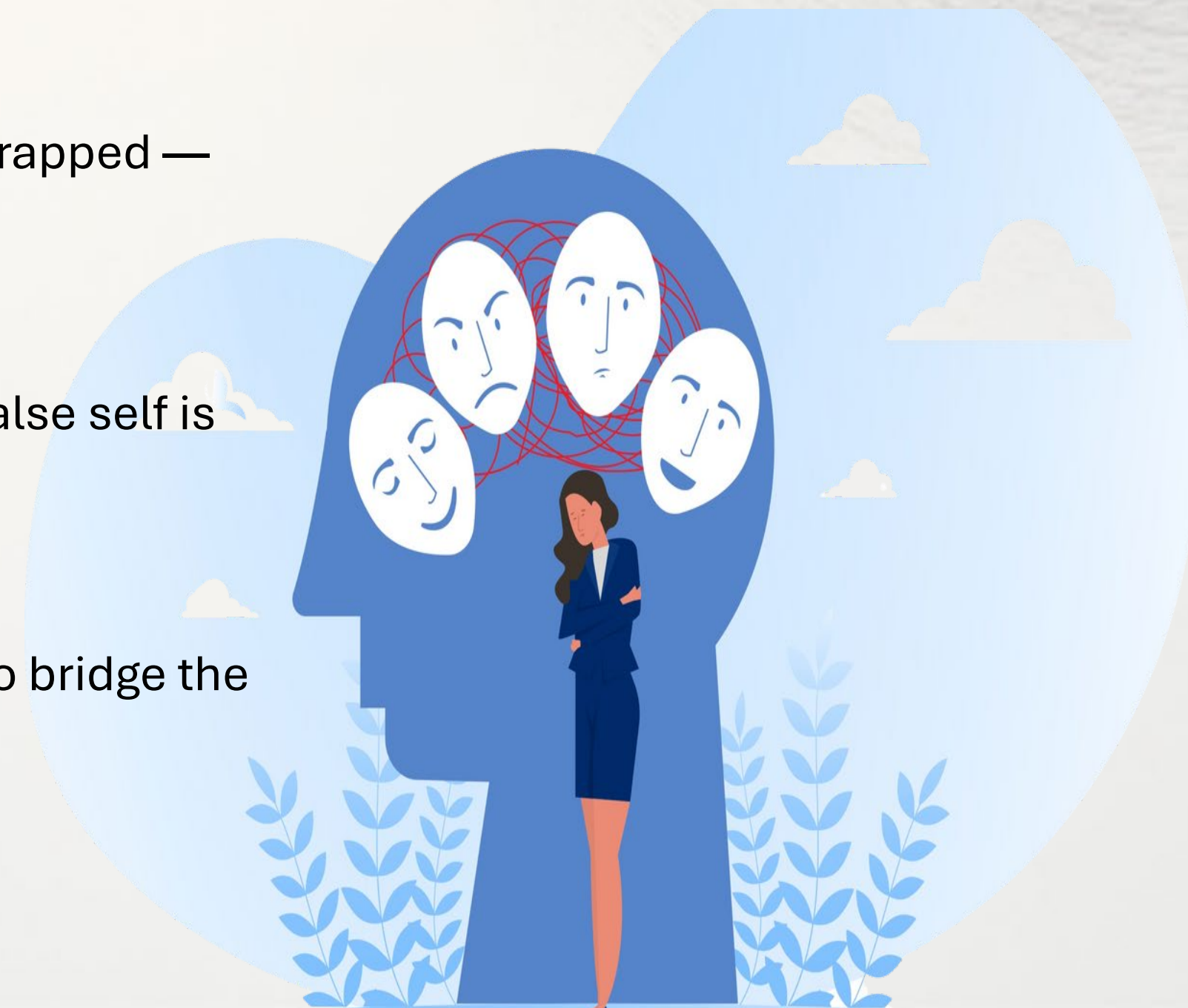
How overfunctioning, perfectionism, and people-pleasing keep us trapped — and how to shift from control to growth.

5. The Imposter Persona

How self-protection becomes identity — and how dismantling the false self is the first step to authenticity.

6. The Myth of Self-Awareness

Why understanding your patterns doesn't change them—and how to bridge the gap between knowing and evolving.





INTERVIEW & SEGMENT TOPICS

Relationships suffer when one or both of the people involved are codependent. We end up forming relationships based on our self-protective patterns, bonding through our codependent persona and not our Authentic Self.

❤️ 7. When Love Becomes a Survival Strategy

We call it love — but often it's fusion, over-giving, and fear of disconnection. Anne unpacks how early attachment patterns wire our brains for self-abandonment and what it takes to build *grown-up love* based on authenticity, not need.

💕 8. Breaking the Codependent Cycle: How to Stop Losing Yourself in Relationships

Anne explains how unmet emotional needs and protective personas drive codependent behaviors, how the brain mistakes compliance for love, and how to reclaim your individuality *without losing intimacy*.

💔 9. The Hidden Cost of Being “Too Nice”: Why People-Pleasing Ruins Relationships

From families to workplaces, people-pleasing is rewarded — but it's often a disguised form of control and fear. Anne shows how to replace appeasement with emotional honesty and connection built on mutual respect and maturity.



“You can’t build intimacy on the foundation of pretending

ABOUT DR. ANNE DRANITSARIS

For over four decades, **Dr. Anne Dranitsaris, Ph.D.** has helped individuals, couples, and leaders break free from patterns that keep them stuck — from codependency and perfectionism to Imposter Syndrome and emotional overfunctioning.

A **psychotherapist, leadership coach, and behavioral change expert**, Anne bridges neuroscience, psychology, and emotional development. Her signature approach reframes human behavior through one core truth: *we don't need to be fixed — we need to finish developing.*

Through her integrative work in neuropsychology and personality theory, Anne helps clients uncover the **Imposter Persona** — the survival self that hides their true potential — and build the emotional capacity for authentic connection, confidence, and fulfillment.

Anne is the author of over **75 publications**, including *Power Past the Imposter Syndrome*, *Who Are You Meant to Be?*, and the acclaimed *Become Who You Are Meant to Be* trilogy. Featured in *O, The Oprah Magazine*, *Behavioral Health Magazine*, and *The Globe & Mail*, she brings warmth, clarity, and depth to every interview — inspiring audiences to reimagine what it truly means to grow.

*I help people finish their development
— not recover from their humanity*



WHY THE MEDIA LOVES THIS STORY



🔥 A Fresh, Disruptive Perspective on Codependency

Anne reframes one of the most overused psychological buzzwords — *codependency* — through the lens of **developmental psychology and neuroscience**, challenging the century-old medical model that taught us to “recover” from our humanity — and offers a revolutionary message: *we were never broken; we were just delayed.*

💡 Media-Ready Soundbites & Stories

Anne delivers provocative yet uplifting conversations filled with aha moments and quotable lines. Her interviews flow naturally between education, humor, and heartfelt truth — the perfect mix for radio, podcasts, or television.

🌍 Universal Relevance

This story speaks to *everyone* — the overworked leader, the anxious parent, the over-giver in relationships. It connects burnout, perfectionism, and emotional immaturity under one powerful theme: *Our culture rewards survival, not development — and it’s time to change that.*

WHY PRODUCERS & HOSTS BOOK ANNE

 **Bold, Fresh Perspective:** Anne challenges outdated frameworks of recovery and self-help, introducing a **transformational model of emotional development** that reframes how we think about growth and authenticity.

 **Media-Ready Presence:** A skilled, seasoned guest who delivers concise, memorable soundbites and accessible psychology — perfect for television, radio, or podcast formats.

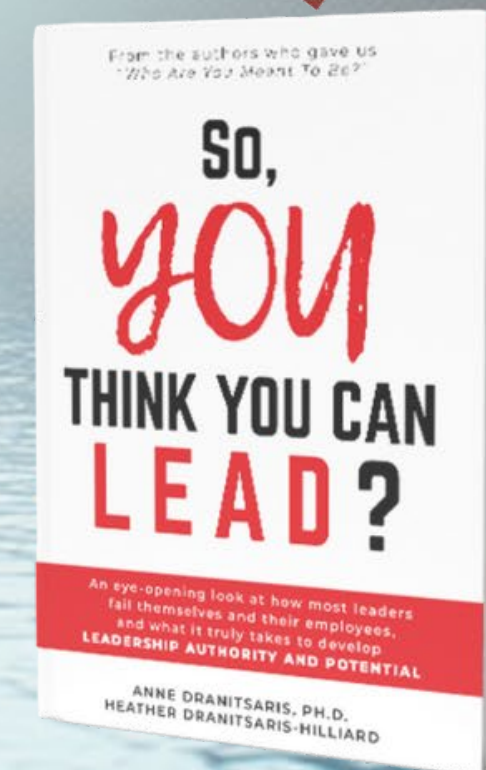
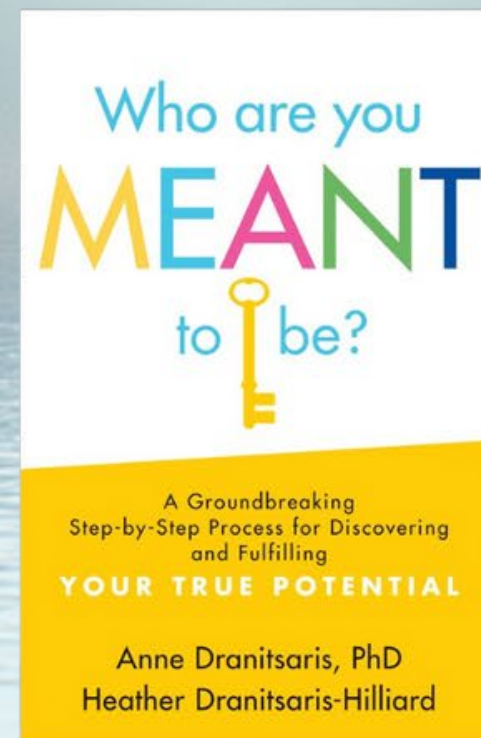
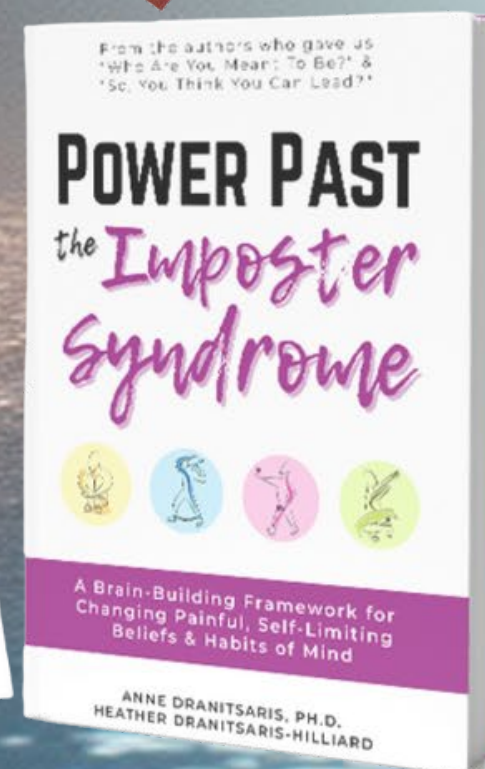
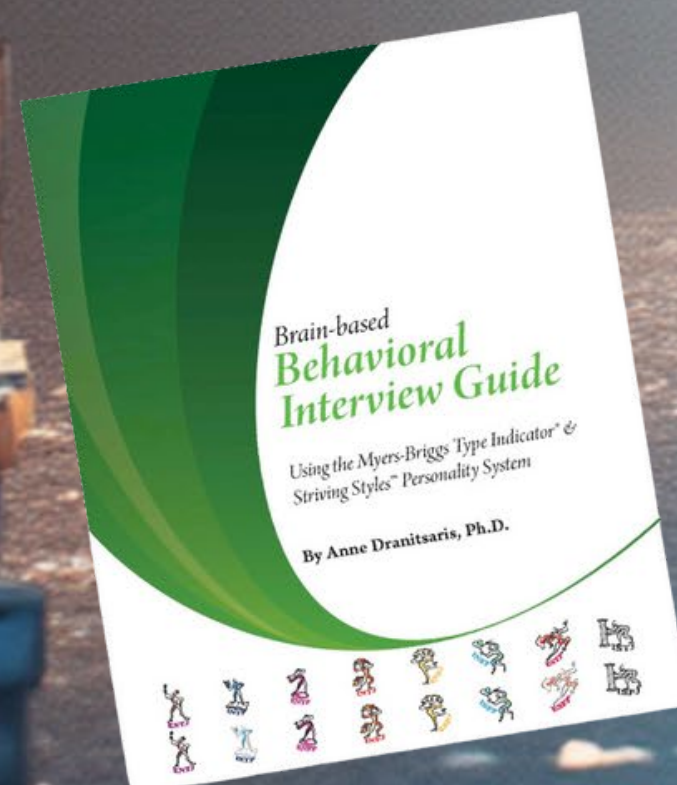
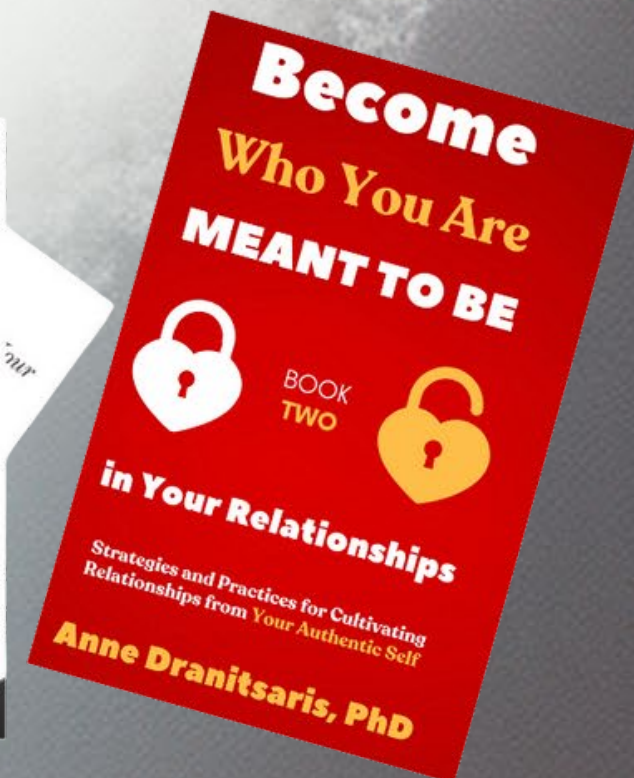
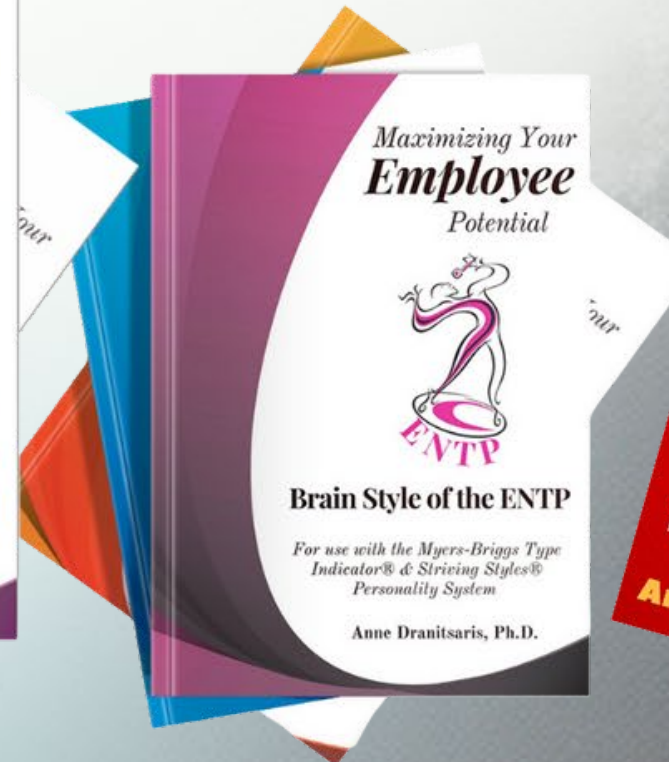
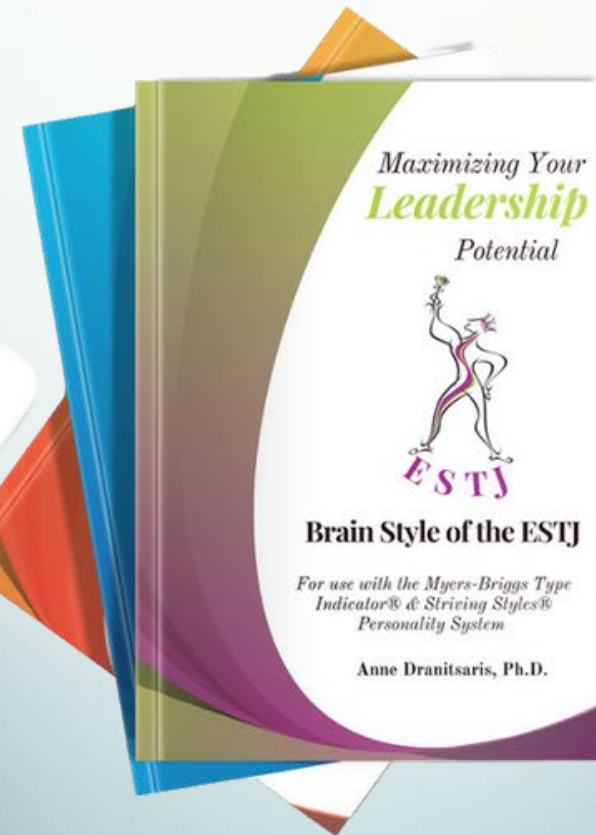
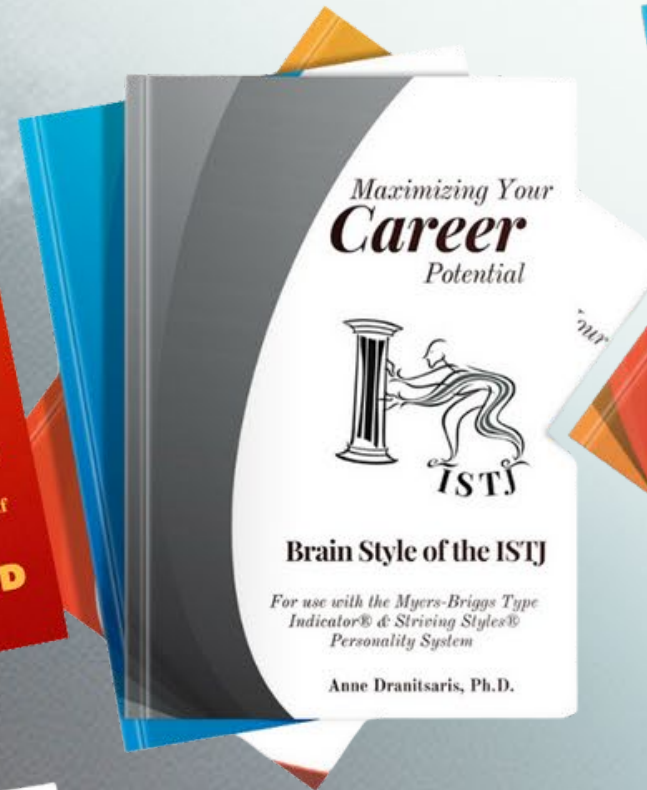
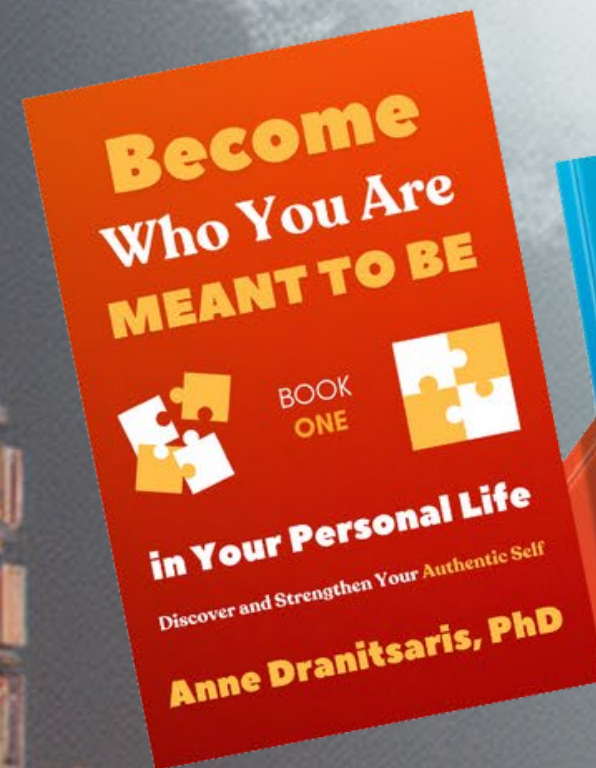
 **Professional & Camera-Ready:** Highly experienced, **media-trained**, and always prepared, Anne brings confidence, clarity, and presence to live or recorded segments.

 **Emotionally Resonant Storytelling:** Anne connects instantly with audiences through real-life examples, humor, and heart. Her insights stay with viewers and listeners long after the interview ends.

 **Inspires Action, Not Just Awareness:** Her message doesn't stop at insight — it ignites transformation. Audiences leave feeling empowered to take ownership of their emotional growth and personal evolution.



Books by Anne Dranitsaris, Ph.D.



ANNE DRANITSARIS, PH.D.

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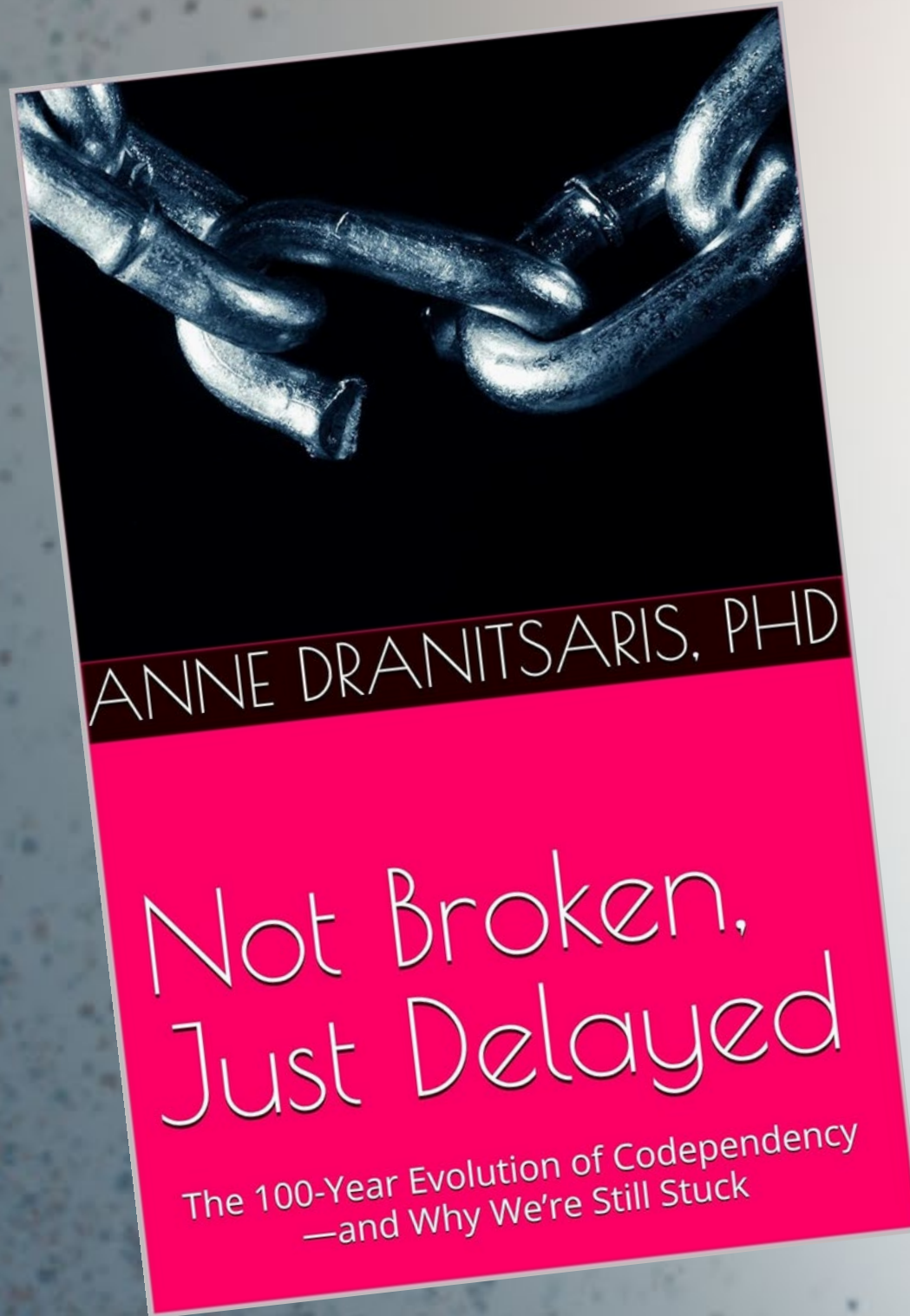
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 **LinkedIn:** <https://www.linkedin.com/in/annedranitsaris/>

 **YouTube:** <https://www.youtube.com/@DranitsarisHilliard>

 **Website:** <http://www.annedranitsaris.com/>

“This isn’t about fixing what’s broken. It’s about completing what was never developed.”



Let’s start a new conversation about how to break free from the limitations of codependency.

Invite Dr. Anne Dranitsaris to speak, interview, or collaborate.

📖 Not Broken, Just Delayed — Available Now

🔗 **Amazon Book Link:** <https://lnkd.in/d5TZ9mqX>

🔗 **Amazon Author Page:** <https://shorturl.at/ewTRQ>

💬 **Booking:** anned@annedranitsaris.com

“Let’s change how the world thinks about our human development.”

Anne Dranitsaris, Ph.D.

