

## FOR IMMEDIATE RELEASE

### **New Book “Bet on You” Encourages Readers to Seize Control of Life by Unlocking Their Inner Power**

**Author Ayanna Pressley Anis guides readers through transformational change with her new book “Bet on You,” guiding them through actionable steps toward changing their negative mindsets.**



Los Angeles, CA – USA – April 14, 2023 - For author Ayanna Pressley Anis, making adjustments to her life didn't come easy. In fact, she struggled to get to where she is today. She maintains that her struggles didn't stop her from achieving her dreams. In fact, her new book, “Bet on You” debuted to rave reviews. Anis believes that there is an amplitude of ways to engage this experience we call life. “Bet on You” offers readers a vantage point into Anis’ unique perspective. She encourages and explains how to seize control of your life by making adjustments to one’s mindset. This will ultimately bestow upon the reader the ability to reclaim choice and discover the power of inner strength. She also encourages readers to tap into what drives your motivation, ambition, and passion to gain clarity on your path to success. Anis says, “With this book, I am on a mission to empower individuals to make decisions that will lead them towards a fulfilling, successful and enjoyable life.”

#### **About the Book**

Author Ayanna Pressley Anis shares her personal journey and offers invaluable insight, laced with witty advice on how to overcome any obstacle and build resilience through self-reflection and sheer determination. Ayanna’s message is clear: There is no loss, which lacks a lesson. Your dreams are realities, you need only raise your mind-frame in order to claim them. And most importantly, the only gamble in life is when you bet on anyone other than Yourself! Available now on Amazon.



**Publisher:** Perigon Publishing (March 2, 2023)

### **What Readers Are Saying**

*Bet on You is a must read for anyone seeking to elevate their thinking to the next level. Reading this book was a life-changing journey for me as I reflected chapter-by-chapter and designed a plan to accomplish my goals with Ayanna's bold, witty, and colorful encouragement and advice!*

*Her experiences are inspirational and her relatability makes the book hard to put down. I have recommended the book to many people who have expressed a desire to overcome living in a state of mediocrity and complacency. Well done Mrs. Anis! Brandi Johnson, Ed.D.*

### **5.0 out of 5 stars It will have you thinking about life**

*This book was amazing. It really made you think about your life and future goals. Andrea Neal*

### **5.0 out of 5 stars Read in 1 Day!**

*It's been quite some time since I've taken time to read a book from start to finish in one day. This book has some amazing nuggets, it was encouraging, an easy read and motivates you to always bet on you! The cadence was fluid, thought provoking and just an overall great read. Kendall Gordon Williams*

### **5.0 out of 5 stars Found Me!**

*This book was meant for me! It was so inspiring. You can tell this author leaned into her vulnerability. It drove this reader to want to know more because she was authentic and reminded us that we are no different and that I can reach goals beyond my current circumstances. This author just figured something out and wanted to share it with us. You'll want to read this book again and again and then share with others in your life who are stuck and need to change their way of thinking. Anitra Walker*

### **5.0 out of 5 stars This BOOK is CHANGE-MAKING!**

*The timing of this book release is impeccable and not by chance. It will ABSOLUTELY CHANGE YOUR LIFE, I am a testament to it. After reading this book, I've been placing bets on myself left & right. The way the author holds up the mirror to you in this book is something to experience! It's the perfect CATALYST to unlocking your winning season! PLACE THE BET, GET THE BOOK! P.S. The chapter titles alone get me going! N.B.*

## **ABOUT THE AUTHOR**



Ayanna Pressley Anis is currently a Human Resources Executive at an Entertainment Company in Los Angeles, CA. In her current role, she provides the publicity organization with strategic partnership by influencing, coaching, and supporting leaders in decisions on organization design, culture, talent density, etc. Prior to her current role, Ayanna was the head of HR for the UCAN Region of Leica Geosystems, a subsidiary of Hexagon which is headquartered in Heerbrugg, Switzerland. Graduating with a master's degree in Human Resources and Employment Relations from Pennsylvania State University, Ayanna began her career as an HR consultant for small companies in Atlanta, Georgia. Ayanna contributes her knowledge and expertise of over 20 years in a variety of industries. She has worked with companies and individuals in the technology, legal, non-profit, and professional service fields. She is recognized and respected as a leader committed to creating a diverse and inclusive culture of integrity, leadership, and accountability. Fueled by the belief that every position is just as important as the next, Ayanna insists on providing the same level of passion in her coaching to individuals in all roles from support roles up to the CEO.

Ayanna is committed to living a life of service. She is an active member of Alpha Kappa Alpha Sorority, Incorporated. Ayanna also recently accepted two executive board positions for nonprofits with missions that she really believes in. The Elephant in the Room Inc. is a nonprofit organization that addresses mental health and Gyrl Wonder which has a main goal to empower ambitious young women of color ages 17 - 23 supporting them with professional development, access, and opportunity as well as mental and physical health & wellness.

In addition, she is a former Penn State Alumni Association Atlanta Chapter Board Member and a former Penn State African American Alumni Organization of Atlanta (AAAO) Board Member.

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