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*Dr. LaMysha Adams*

**AWARD-WINNING EDUCATION  
CONSULTANT, STUDENT  
SUCCESS STRATEGIST, &  
AUTHOR**

**MEDIA KIT**

# Hi, I'm Dr. LaNysha Adams!

## 114-WORD BIO

LaNysha Tufuga Adams is a Student Success Strategist and Founder of an award-winning education consulting and coaching firm, Edlinguist Solutions. With 20 years of experience in education at school, district, and state levels, she holds a Ph.D. and is a certified coach on a mission to revolutionize how people learn. Dr. Adams helps graduate students finish their degree programs with less debt. Her passion for assisting others to live on purpose, with purpose, led her to write her debut book: ME POWER. She enjoys quality espresso and traveling when not chasing her toddler sons and husband around the house. Connect with Dr. Adams on social media @edlinguist or her blog, [www.ourmepower.com](http://www.ourmepower.com).



**24+K**

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**2.5K**

email subscribers

**65%**

avg. open rate

# The Book

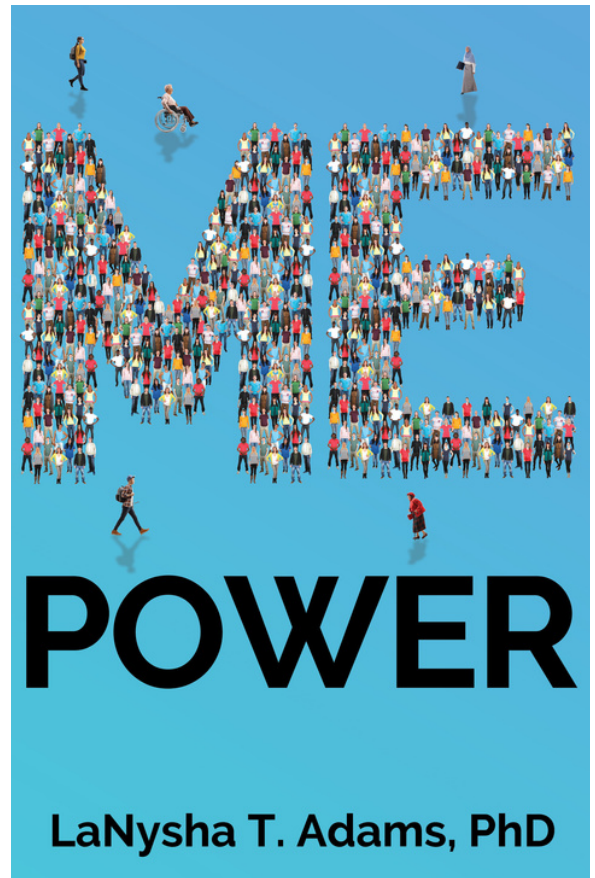
## SYNOPSIS

The word "empower" is one of the most overused, empty words in our language. It's time for a new definition. Teach students, children, and other learners in your life the new meaning of "empower."

Dr. LaNysha Tufuga Adams, Ivy-League educated linguist and founder of award-winning education consultancy Edlinguist Solutions, challenges others to not only answer this question, "Who do you want to be?" but to put the answer(s) into action.

In this book, you will find both the foundations and the five principles of Me Power. You will learn how to use this potent combination of self-knowledge and principled action to catalyze change for yourself and show the learners in your life, beyond any doubt, that they're capable of doing more than they think they can do.

ME POWER is more than a book. It's an attitude, a mindset, and a call to action that urges those who read it to unlock their limitless power of positive change.



## BOOK DETAILS

### AUTHOR

LaNysha T. Adams

### TITLE

Me Power

### ISBN

Paperback: 979-8-88504-569-8

Kindle: 979-8-88504-894-1

Digital Ebook: 979-8-88504-685-5

### PRICE

\$18.99

### GENRE

SEL023000 (Self-Help) / EDU040000  
(Philosophy, Theory & Social Aspects) /  
OCC019000 (Inspiration & Personal  
Growth)

### PUBLICATION DATE

September 22, 2022

### PUBLISHER

New Degree Press

## EARLY PRAISE REVIEWS

ANDREW HAHN, PSY.D.



Founder of Life Centered Therapy & Author of *The One Hour Miracle*

"In the tradition of Paulo Freire's *Pedagogy of the Oppressed*, LaNysha Adams has written an inspiring manifesto on taking agency in our lives by empowering ourselves through self-knowledge and principled action."

JAMES GODLEY, PH.D.



Postdoctoral Fellow, Dartmouth University

"*Me Power* is anti-self-help, by which I mean REAL self-help, a way of thinking that comes from within you. It is not written by a guru telling you what to think or how to live your life, but by a fellow traveler. It's a great reminder that what happens to 'me' affects 'we' in a profound way."

EVINGERLEAN HUDSON, PH.D.



Founder and President, Evingerlean Worldwide &  
Award-Winning Host of "The First-Gen Lounge"

"Captivating, raw, relatable, insightful, and encouraging! This is just what those of us from historically marginalized backgrounds need as we face the world and make sense of how we WANT to show up in it."

JUDY DANG



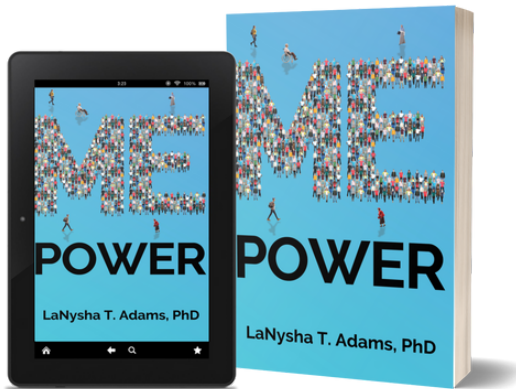
Author of *Perfect Enough*

"*Me Power* calls us to recognize our inner strength so we can activate the biggest impact within and around us. Dr. Adams gives us practical tools to see our empowerment as energy – a flow of possibility to spark personal, professional, and organizational change. I'm excited for the possibilities ahead."



# Suggested

## INTERVIEW QUESTIONS



- ✓ What is the true meaning of the word "empower" and why is a new definition important?
- ✓ Who is the book for and why should they read it?
- ✓ How might someone empower themselves?
- ✓ What motivated you to write a book about Me Power?
- ✓ This book has been created for use at many levels. Tell me how someone who is high school, college, and not pursuing a degree can use the principles from this book?

## PREVIOUS APPEARANCES + FEATURES




## I'LL ADD VALUE TO YOUR AUDIENCE BY SHARING:

- Industry-leading perspectives
- Me Power discovery techniques
- Unique Edupreneur insights
- First-generation college advice + lessons learned
- Strategies to minimize loan debt

*For Immediate Release*

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## **New Book Me Power Deciphers One of the Most Misused Words in the 21st Century**

WASHINGTON, DC. (September 28, 2022) — The word “empower” is a buzzword now, but are we as a society using it correctly? That is one of the questions answered by LaNysha Adams, Ph.D., author of **Me Power** (ISBN: 979-8-88504-569-8). This 252-page self-help book dissects the word “empower” and challenges its usage and meaning with a play on the word. Since launching, it has already hit Amazon's #1 New Release in Philosophy & Social Aspects of Education.

**Me Power** directs us to look inside and tap into the power within. It is a call to revisit self-knowledge and flex our inner strengths.

Manifested through five principles: 1) Embrace Your Barriers, 2) Focus On Your Strengths, 3) Speak for Your Life, 4) Choose Your Guide(s), and 5) Ritualize Your Reflection, Dr. Adams challenges readers to forge their identity, stop waiting for the approval of others, and take control of their lives.

The Ivy-League-educated linguist and founder of award-winning consultancy, Edlinguist Solutions, comprised these principles from years of research.

Dr. Adams examines the major misuses of “empower” that proceed from three misconceptions. The first is that many believe power is a finite resource distributed amongst individuals depending on rank or status. The second is that power relies upon personal approval from someone else. The third is that if one party gains power, this automatically means the opposite party has less power.

“All three of these interpretations miss the prefix of empowerment, -em, meaning, ‘Me!’” Dr. Adams asserts. “Defined correctly, empowerment is an infinite resource from within, not crippled by others, and not based on others. Me Power is about putting your oxygen mask on first, metaphorically. Yet, you cannot express Me Power without some sense of ‘we’ or community.”

Join Dr. Adams in conversation as she is interviewed on our nation's podcasts and airways, where she shares empowerment stories and her expertise on graduate school admissions and completion, life balance, and first-generation college student career advice.

Stay connected with Dr. Adams on social media (@edlinguist) and her website, [www.lanysha.com](http://www.lanysha.com).

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## BY THE NUMBERS

Since 2016, Dr. Adams has individually coached nearly 100 scholars to complete their graduate degrees when they were on the brink of walking away.

At **Edlinguist Solutions**, she has partnered with over 50 organizational clients from schools and state education agencies to research foundations.

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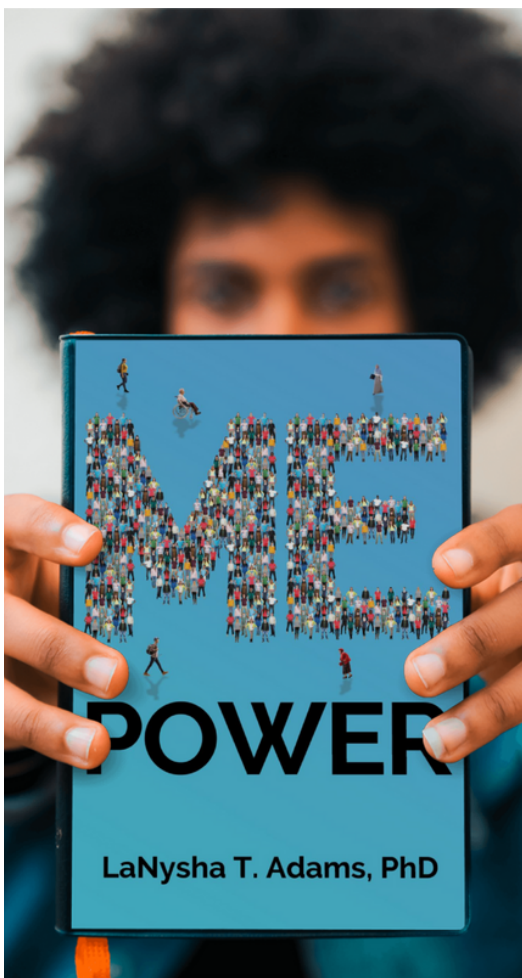
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## WHO I WORK WITH:

Doctoral students committed to graduate school success, nonprofits, state-education agencies, universities, community colleges, local education agencies, high schools, and federal government agencies.

## ASK DR. ADAMS TO TELL YOU THESE STORIES:

- Why I think most definitions of "empower" miss the mark – and how the science of language backs me up
- ANTs and why they are not only annoying, but also more dangerous than you might think
- How failing my dissertation defense led to building a six-figure business



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## Contact Information

### GET IN TOUCH

Email, DM, call, or text to connect.

Looking forward to hearing from you.

*Dr. LaNysha Adams*

