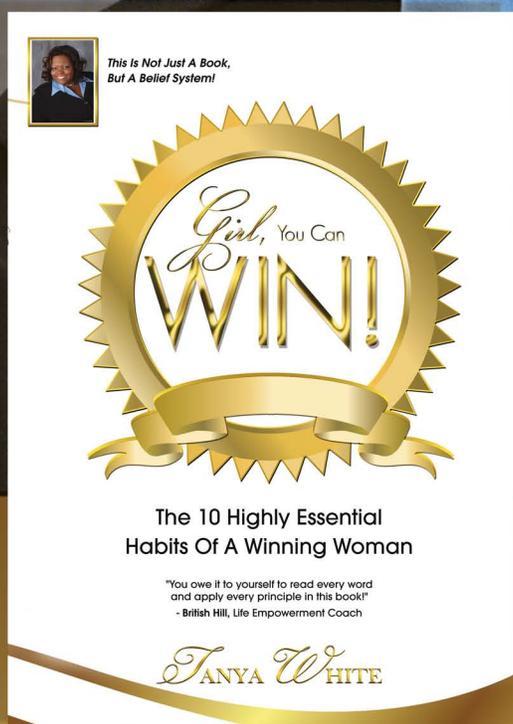


TANYA WHITE



Girl, You Can Win!

PRESS KIT

TANYA WHITE

PRESS KIT INDEX

E-News Release	3
About the Book	4
About the Author	5
What Readers are Saying	6
Interview Questions	7
Workshops	11
More Books by Tanya	12
Media Appearances	15
Awards and Recognitions	16
Other Endeavors by Tanya	17

TANYA WHITE

E-NEWS RELEASE

Tanya White Is Helping To Turn Women's Big Wishes Into Huge Wins!

New Release "Girl, You Can Win!" Is Not Just a New Book For Women to Read, But It Is a Necessary Belief System for Them to Remember

Louisville, KY – “We were all born to win. We were even built to win. Now, it’s time that we start believing that we can win!” This is the timely and life-transforming theme of Tanya White’s fourth book project ***Girl, You Can Win!: The 10 Highly Essential Habits Of A Winning Woman*** which will be released March 1, 2010, just in time to kick off Women’s History Month.

Oftentimes women cheer, encourage and help other people to birth their dreams. However, when it comes to their own lives, some women downplay, delay or detour from what they were actually born to accomplish. Through their words and actions, a large number of females believe that winning is a deserving accomplishment for everybody else except the woman in the mirror.

Tanya is guaranteed to tear down the strongholds of those defeating mindsets with her winning combination of insightful and inspirational nuggets of profound life wisdom. A surge of power will erupt from each page of this awesome read, which is destined to compel you to immediately change your “No I Can’t” attitudes into “Yes I Can” actions.

Girl You Can Win!: The 10 Highly Essential Habits Of A Winning Woman is more than a new book, but it is a necessary belief system. It is a belief system that literally shakes you loose from every negative attitude, action and association that has been seducing you to live life beneath your divine purpose and potential.

By the end of this life-shifting book, Tanya is sure to have set your very soul on fire. You will not only begin to unleash your inner winner, but Tanya will show you how to stop comparing yourself to the rest and start being your absolute best without shame, apology or delay. Your big wishes will undoubtedly become huge wins after you implement Tanya’s winning formula every day and in every way.

For more information or to request a review copy, schedule a media interview, invite Tanya to conduct a one-day workshop, or to order Tanya’s other books, please call the publicity team at 502-836-9760, visit www.tanyawhite.com or email tanya@tanyawhite.com. This book is also a great tool for men.

TANYA WHITE

ABOUT THE BOOK

Girl, You Can Win!

Paperback: 101 pages

Publisher: AAA Publishing (March 2010)

Language: English

ISBN 10: 0981684785

ISBN 13: 9780981684789

We were all born to win. We were even built to win. Now, it's time that we start believing that we can win! ***Girl, You Can Win!: The 10 Highly Essential Habits Of A Winning Woman*** is packed with refreshing nuggets of practical daily wisdom that will change a wishing woman into a winning woman.

After reading this book, you are guaranteed to tear down the strongholds of those defeating mindsets by applying Tanya White's winning combination of insightful and inspirational nuggets of profound life wisdom. A surge of power will erupt from each page of this awesome read, which is destined to compel you to immediately change your "No I Can't" attitudes into "Yes I Can" actions.

In just over 100 pages that are filled with winning words of wisdom, you will undoubtedly begin to:

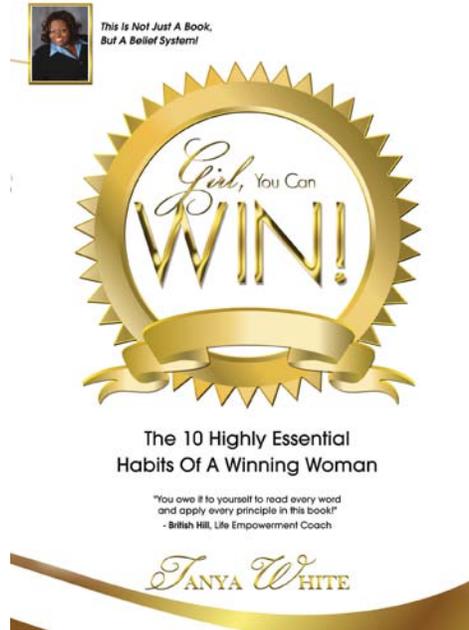
- Unleash your inner winner and stop comparing yourself to others
- Press past your unending pain to pursue your unlimited possibilities
- Attract other winning people who really want you to win and win big
- Stop procrastinating and start performing even in the midst of your obstacles
- Develop the unwavering confidence to finally accept yourself as a winning woman

Girl You Can Win!: The 10 Highly Essential Habits Of A Winning Woman is more than a new book, but it is a necessary belief system. Your big wishes will undoubtedly become huge wins after you implement Tanya White's winning formula every day and in every way.

PRAISE FROM A READER

"You owe it to yourself to read every word and apply every principle in this book. You will win in your life for sure!" - **British Hill**, Life Coach and Compass Network Presidential Ambassador

Girl You Can Win!: The 10 Highly Essential Habits Of A Winning Woman is available at www.amazon.com and www.tanyawhite.com.



TANYA WHITE

ABOUT THE AUTHOR



Go-Getter, Trailblazer, Visionary, Trendsetter – These are just a few adjectives that describe Tanya White. As a dynamic and thought-provoking empowerment speaker, relationship expert, bestselling author and life enhancement strategist, Tanya’s talks are always rated R for being **Real, Relevant** and **Refreshing!**

Whether she is broadcasting to thousands on her popular radio show ***Real Talk With Tanya White***, speaking to hundreds or writing to thousands all over the world through her weekly internationally distributed e-newsletter ***Tanya’s Tips***, her purpose remains the same; to change people’s “No I Can’t” attitudes into “Yes I Can” actions which will eventually lead to “Yes I Did” accomplishments.

Tanya is the author of four books – ***Girl, You Can Win!*** (2010), ***The 99 Males Who Make Your Life A Living Hell*** (2009), ***Relationship Reruns*** (2008), ***How To Deal With A Difficult Woman*** (2007). ***Relationship Reruns*** and ***How To Deal With A Difficult Woman*** have both been listed on the Black Christian Book Company Bestsellers List multiple times.

Tanya holds the following degrees - Master of Teaching in Special Education, Master of Science in Human Resource Training and Bachelor of Science in Business Administration. She is a certified life coach. Tanya also taught Christian singles and served in various leadership positions for almost ten years at one of the largest African American churches in Louisville, Kentucky.

Tanya is an innovative woman on the move who continues to set high standards which generate fascinating results. Within the first four months of launching her hit internet radio show ***Real Talk With Tanya White***, Tanya has quickly become one of the most popular hosts having the privilege of interviewing some of the most beloved and notable celebrities and national personalities such as **Oprah Winfrey’s 2009 Karaoke Challenge Winner Abraham McDonald, Actor Darrin Henson, Actress LisaRaye, Real Housewives of Atlanta stars Nene Leakes and Lisa Wu Hartwell, Singers Kenny Lattimore, Syleena Johnson, LaShun Pace, Martha Munizzi, BET Sunday Best 2008 runner up Shari Addison and Bishop Joseph Walker, Senior Pastor Mount Zion Baptist Church, Nashville, Tennessee.**

For more information about how to purchase her books, become a coaching client or to sign up for her e-newsletter, please visit www.tanyawhite.com.

TANYA WHITE

PRAISE FOR *GIRL, YOU CAN WIN!*

"Tanya White has tapped into the uncommonly known pitfalls and mistakes many of us make while pursuing a "win" in our lives. Her words inspire us to become assured of one thing, that we are destined to win."

Christine Pembleton, Bestselling Author of *Lord, I Am Ready to Be A Wife!*

www.christinepembleton.com

"Every woman is destined to win, but for each woman who is in the race of life to win, *Girl, You Can Win* is their playbook. It is full of principles for living a winning life. Tanya White imparts insightful, inspirational and practical guidance for not just getting to the finish line, but crossing the line as a winner."

Cheryl A. Pullins, Co-publisher of *Victorious Living for Women*

www.cherylpullins.com

"Tanya White has done it again! Her writings and personal coaching have convinced me that she genuinely cares about other women winning in life and she provides the tools to help us accomplish our goals."

Rev. Nicole Barnes, Founder of Kingdom Charm School™

www.nicolebarnes.com

"Successful women are leaders and the best leaders are those who not only lead by example, but also prepare others to lead as well. When women see others with a winning spirit, whether they admit it or not, they do want the same thing. Tanya has captured the spirit of how successful women should not only position themselves to win, but their goal should also be to empower other women to do the same."

Jaime Rohadfox, Founder of Women Of Divine Aspiration

www.jaimerohadfox.com

"Tanya White has written a brilliant piece of literary work that inspires all women to believe that they can win in all aspects of life. This empowering book reminds us that having a winning attitude is monumentally powerful in creating and living a winning life. *Girl, You Can Win* is a must read time and time again if you want to live as a winner and boldly walk in your divine greatness!"

Catrice M. Jackson, Speaker, Delicious Life Designer and Author of *Delicious: The Savvy Woman's Guide to Living a Sweet, Sassy and Satisfied Life*/Catriceology Enterprises, LLC

www.catricemjackson.com

"Tanya White hit the target right on with her book *"Girl, You Can Win"*. In her book, you will learn everything you need to know about the importance of having the right mindset, the right people around you and the right resources to help you live your BEST LIFE! The good news is that everyone has the opportunity to live the life that God intended them to live....one that is full of purpose, passion and faith. Tanya spells the HOW TO out clearly in her book....you owe it to yourself to read every word and apply the principles. You WILL win in your life for sure!!"

British Hill, Compass Life Coach and Presidential Ambassador

<http://www.britishfordhillcoaching.com>

SUGGESTED INTERVIEW QUESTIONS

1) What was your inspiration for writing *Girl, You Can Win*?

Girl, You Can Win was inspired by a combination of my own personal journey, female coaching clients, business associates and friends whom I saw had all of the credentials, opportunities and resources to winning at absolutely every area in our lives, but somehow lacked the confidence to actually believe that all things are possible.

Oftentimes as women we cheer, encourage and help other people to birth their dreams. However, when it comes to our own lives, we usually downplay, delay or detour from what we were actually born to accomplish. Through our words and actions, a large number of women believe that winning is a deserving accomplishment for everybody else except the woman in the mirror.

Girl, You Can Win helps women to break through those very real glass ceilings, leap over every obstacle that is set before them, tear down every stronghold that has been hindering them from living the life that they have always imagined. *Girl, You Can Win* compels women to stop wishing and start winning every day and in every way.

2) Why is *Girl, You Can Win* not just a book but a belief system?

Yes, *Girl, You Can Win* is not just a wonderful book of great information. But it is a winning belief system. *Girl, You Can Win* inspires, ignites and influences you to implement the necessary belief that you are a winner. We were all born winners. We have been built to win. Now, it is time that we start believing that we can win through our thoughts, words and actions.

3) In your book, you do a great job of defining the terms “loser” and “winner”. Explain the difference between these two terms as it pertains to *Girl, You Can Win*.

When I refer to the term loser, I am talking about an individual who is carelessly and consistently squandering away opportunities, resources and information that was intended to enhance their life. A loser is someone who is content with living life beneath their fullest potential and unique purpose.

On the other hand, a winner is somebody who is allergic to operating in mediocrity. They recognize that winning is more than a desperate want, but it is a dedicated work. They understand that winning is more than a high accomplishment. It is a habitual attitude. A real winner realizes that winning is more than just delighted talk of personal affirmation. But it is a determined walk of purposeful and persistent implementation. True winners are always striving to be their best as well as encouraging others to do the same.

4) The theme of your book is based on your philosophy that people are born winners yet, live like big losers. Identify 3 - 5 of your top 10 reasons why born winners live like big losers.

Even though we are born winners, most of us live like big losers because of one or all of the following:

- Limited education or training
- Unexpected pressing family obligations
- Willingness to conform to societal myths and expectations
- Unclear vision or non-existent plan of action
- Fear- Frequently
 - Escaping or
 - Avoiding to assume any
 - Risk, responsibility or repercussion for your decisions

5) There is a phrase that says, *Image Is Everything*. Explain why you believe that attitude is everything instead of image.

We have been programmed to believe that in life image is everything. As a result, many women spend more time harnessing the perfect public image instead of healing from private insecurities and issues of integrity which delay their forward progress.

Yet, no matter how much time and money you invest to promote a positive image, it is a huge waste of time if you have a negative attitude. When it comes to developing a winning lifestyle, it begins with you having a winning attitude. So contrary to popular opinion, your image is not everything. Attitude is everything.

6) In section two of *Girl, You Can Win*, you share a brilliant concept of encouraging women to unleash their “inner winner”. Explain what you mean by “inner winner” and tell us how we can unleash it.

Each one of us has an inner winner. I believe that your inner winner is your subconscious self. Your inner winner encourages you to view yourself as more than your negative situations or doubting associations. It is that still small voice inside of you that is the driving force that consistently reminds you that you can do whatever you set your mind to do regardless of the odds that are against you.

7) You give ten highly essential habitual associations that all winning women have in their lives. Identify several of these associations.

- Coaches
- Mentors
- Transformative Leaders
- Disloyal Confidants
- Doubters

8) In *Girl, You Can Win*, you suggest that a winning woman surrounds herself with faithful and fruitful friends. How can one determine if a friend is genuinely faithful and fruitful?

Research has proven that healthy friendships, even more so than love connections, enrich your career, improve your self-esteem, encourage you through life's tribulations and enhance your overall health. However, making poor friendship choices based on charisma instead of character quickly places you in a losing situation.

First, your friends should be faithful to you and the friendship. That means whether you are on top or not, whether you agree or disagree, whether they see you everyday or every year, faithful friends are devoted to cultivating nurturing and authentic friendships. Faithful friends are not jealous, insecure or disloyal when circumstances test the allegiance of the friendship.

In addition to faithful friends, a winning woman should have fruitful friendships. In fruitful friendships, each party encourages the other to bear plums of maximized potential, oranges of optimism, melons of motivation, raisins of righteousness, pears of purity and strawberries of success which all grow watermelons of winning opportunities.

9) There are 20 winning woman tips to remember that you share at the end of your book. Briefly share several of those with our audience.

- A winning woman is allergic to mediocrity.
- A winning woman benchmarks the best instead of imitating the rest.
- A winning woman eventually stops procrastinating and starts performing.
- A winning woman does not spend intimate time trying to convince insecure people to believe in her.
- It is much easier to walk as a winning woman amongst winning people who encourage you to pursue your winning destiny.

TANYA WHITE

- A winning woman is not fearless. However, she does fear less as she pushes past her fears to develop the strength, courage and wisdom to unleash her inner winner.
- A winning woman does not wait for someone to “woo” her before she is motivated to obtain what she truly desires in life. Whether it is graduating from college, connecting with a life coach, investing in a weight loss trainer or starting a business, a winning woman knows exactly what she wants out of life and diligently pursues it regardless of if she receives positive affirmations, persistent communication or supportive associations.
- A winning woman is similar to a Tiffany’s department store diamond. Like a diamond, a winning woman has been pulled from a rich but dark place, endured an intense cutting and polishing process so that she can shine brightly. Once a winning woman shines, much like a diamond, she does not compromise her value, solicit buyers to take her home or transform into a cubic zirconium to make herself affordable to attract a buyer. No, a winning woman embraces her diamond quality, positions herself in a diamond case and does exactly what a diamond is supposed to do. A winning woman knows that serious buyers will not worry about how much she costs but will appreciate what she had to go through to shine brightly.

10) You have 10 terrific workshops to compliment *Girl, You Can Win*, which can also be turned into keynotes or even a 1-day retreat. Share a few of the workshop titles and give a brief description of each.

- **Win Girl, Win!:** 5 Sure Fire Ways To Unleash Your Inner Winner
- **No More Comparisons:** How To Be Your Best Without Intimidating The Rest
- **Can’t We All Just Get Along?:** Developing Collaborations That Really Work
- **Girl, You Better Network!:** A Woman’s Guide To Winning At Networking
- **Stop Worrying, Start Winning!:** How To Conquer Doubt, Procrastination and Fear
- **The Winner’s Circle:** How To Connect With People Who Really Want You To Win Big
- **Saying Yes To No:** How To Tactfully Tell People No Without Regret or Guilt
- **Losing Big, Winning Even Bigger!:** 10 Winning Lessons To Learn When You Think You Are Losing
- **How To Clear The A.I.R.:** Overcoming Issues of Abandonment, Insecurity and Rejection
- **Wounded But Still Winning:** Pressing Past Your Unending Pain To Pursue Your Unlimited Possibilities

11) Give your contact information and upcoming events/projects.

Visit me at the following sites:

www.tanyawhite.com

www.facebook.com/realtalkwithtanyawhite

www.blogtalkradio.com/realtalkwithtanyawhite

Contact via tanya@tanyawhite.com or call 502-836-9760.

TANYA WHITE

Girl, You Can Win! Winning Woman Workshops

Book Tanya now to conduct one of these winning workshops from the book ***Girl, You Can Win*** for your women's group, conference or upcoming event. All workshops can also be keynotes or combined as a 1-day retreat.



- **Win Girl, Win!:** 5 Sure Fire Ways To Unleash Your Inner Winner
- **No More Comparisons:** How To Be Your Best Without Intimidating The Rest
- **Can't We All Just Get Along?:** Developing Collaborations That Really Work
- **Girl, You Better Network!:** A Woman's Guide To Winning At Networking
- **Stop Worrying, Start Winning!:** How To Conquer Doubt, Procrastination and Fear
- **The Winner's Circle:** How To Connect With People Who Really Want You To Win Big
- **Saying Yes To No:** How To Tactfully Tell People No Without Regret or Guilt
- **Losing Big, Winning Even Bigger!:** 10 Winning Lessons To Learn When You Think You Are Losing
- **How To Clear The A.I.R.:** Overcoming Issues of Abandonment, Insecurity and Rejection
- **Wounded But Still Winning:** Pressing Past Your Unending Pain To Pursue Your Unlimited Possibilities

For questions, comments or to book Tanya as a speaker for your upcoming event, please email tanya@tanyawhite.com or call 502-836-9760.

MORE BOOKS BY TANYA

The 99 Males Who Make Your Life A Living Hell

Paperback: 189 pages

Publisher: AAA Publishing (September 2009)

Language: English

ISBN 10: 0978684793

ISBN 13: 9780981684796

Whether he is your boss or boyfriend, your husband or head of the church, your father or the father of your children, throughout the pages of this humorously helpful handbook, women will have the secret relationship weapons for peacefully dealing with men who cause mess, mayhem and melodrama.

This guide helps women to:

- Identify the signs of men who are physically aggressive, sexually abusive and emotionally obsessive.
- Protect themselves from men who bring mediocrity, mental breakdowns and melodrama.
- Celebrate the 9 men who are special “K” and make life okay.
- Recognize the power of their femininity in order to help difficult males become dynamic men.

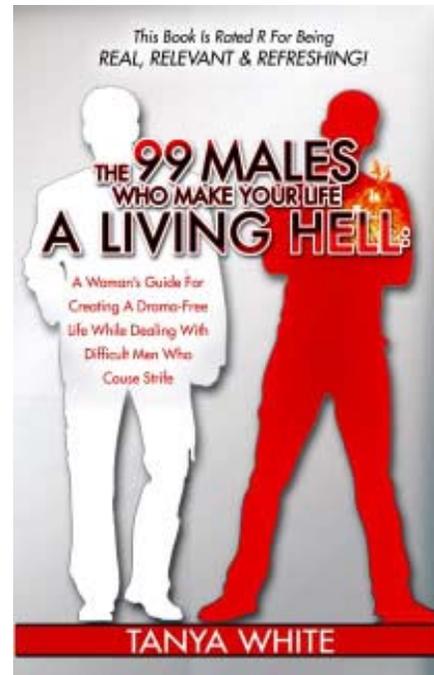
With the profound and practical tips that Tanya White offers, you will undoubtedly find yourself embracing a drama-free life even as you deal with difficult men who cause strife. You will applaud Tanya White's passion for creating healthy relationships with everyone and find yourself understanding that with a little patience, honesty and calm conflict management, difficult males really can transform into dynamic men.

Note: This Book Is Not Male-Bashing But Helping To Build Healthy, Drama-Free Interactions Between Men And Women Everywhere.

PRAISE FROM A READER

4 Stars! This book is sure to make women around the world sit up and take notice. Tanya White discovered a secret that has seemingly been hidden for years. Men are just as fragile, fearful, insecure and emotional as women! – *Ann of The RAWSISTAZ™ Reviewers*

***The 99 Males Who Make Your Life A Living Hell* is available at bookstores and online at www.amazon.com and www.tanyawhite.com.**



TANYA WHITE

Relationship Reruns

Paperback: 180 pages

Publisher: AAA Publishing (June 30, 2008)

Language: English

ISBN 10: 098168470X

ISBN 13: 9780981684703

From the fear of Living Single to being blinded by the money generated from Working 9 to 5, being trapped in a relationship rerun is extremely frustrating and emotionally draining. If you find yourself in an irritating cycle of unwanted, unsatisfying and unhealthy relationship patterns year after year, then this book is sure to break the chains that keep you bound to having the wrong people in your life.

Tanya White helps you bring your series of relationship reruns to a screeching halt. "At the root of every disappointment, delayed dream or emotional and financial destruction that occurs in our lives we can usually attribute it to us granting the wrong people access into our lives", says Tanya in her sophomore project **Relationship Reruns**. "Your decisions can create perpetual peace or a lifetime of unnecessary destruction, depression and devastation."

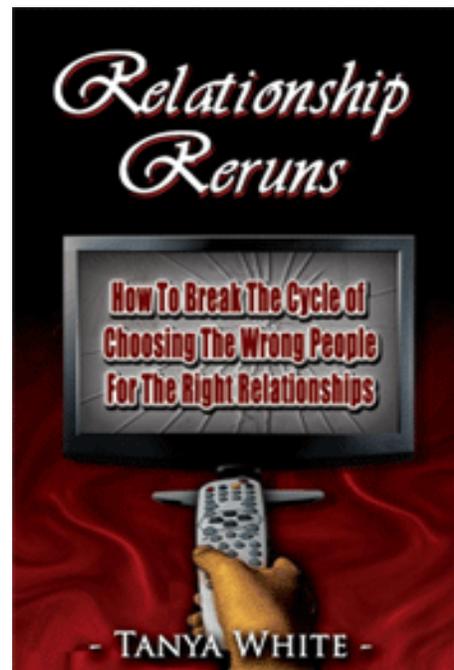
If you are stuck in a never ending cycle of unhealthy dating relationships, unwanted friendships, unproductive business relationships, unsatisfying jobs and Church relationships then **Relationship Reruns** is the Oscar winning script you need to recast the supporting characters in your life.

Tune into the hot new book **Relationship Reruns** for non-stop episodes and plans of action which have the perfect combination of unique practicality, humor and honesty. Plan your series finale of repeated seasons of unproductive, unwanted, unsatisfying and unhealthy associations. This summer when the networks are beginning their reruns, yours will surely end after reading this life changing new book!

PRAISE FROM A READER

4 Stars! I bought into her advice, finding it practical and easy to incorporate. For a knowledgeable and piercing look at your relationships and how to make them better, this book is one to have. - **Brenda M. Lisbon of The RAWSISTAZ™ Reviewers**

Relationship Reruns is available at bookstores and online at www.amazon.com, www.tanyawhite.com, www.Blackchristianbookcompany.com and www.cushcity.com.



How To Deal With A Difficult Woman

Paperback: 100 pages

Publisher: Author House (May 24, 2007)

Language: English

ISBN 10: 1434303659

ISBN 13: 9781434303653

Men, you can't always ignore her. Women, you can't always argue with her. Eventually, you will have to learn to deal with her! From the feisty females in your family to your obnoxious coworkers, at some point or another you have been stressed out by a difficult woman.

A difficult woman can be impossible to tolerate at times. But she does not have to sap your emotional energy. You can have peace in the midst of the wackiest, wishy-washy and worrisome women in your life.

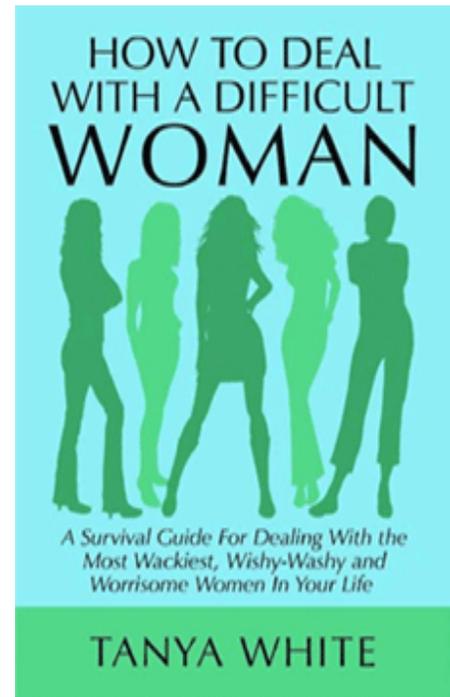
Tanya White gives unique insight on how you can finally deal with difficult women. Throughout this book, men will finally discover how to communicate with a worrisome mother-in-law, demanding ex-wife or a man hating boss. Women will have the keys for interacting with the jealous friend, unprofessional co-worker and ruthless business associate.

By the end of this creatively humorous yet practical handbook, you'll finally get the peace that you've been so desperately longing for. A must read for men and women everywhere!

PRAISE FROM A READER

4 Stars! Tanya White was right on the money! She shows you a number of ways of dealing with the many different types of difficult women out there. If you've ever had trouble dealing with someone, check out the book. This is your survival guide! - **Mashawn Mickels-SBS Bookclub President**

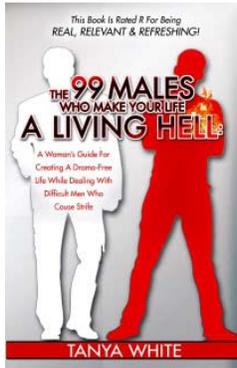
How To Deal With A Difficult Woman is available at bookstores and online at www.amazon.com, www.tanyawhite.com, www.Blackchristianbookcompany.com and www.cushcity.com.



TANYA WHITE

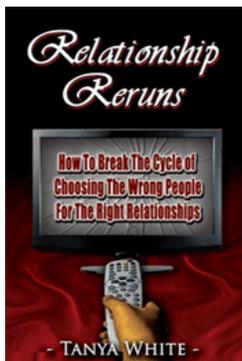
MEDIA APPEARANCES

The 99 Males Who Make Your Life A Living Hell Book



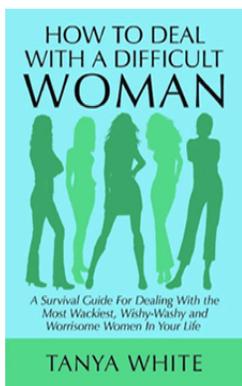
- [Talk About It Today With Mo Stegall](#)
- [An Incredible Moment With Darnielle Jervey](#)
- [Woman 2 Woman With Jaime Rohadfox](#)

Relationships Reruns Book



- [A Word For You Radio Show](#)
- [Chocolate Pages With Pam Perry](#)
- [The Spike Spillberg Show](#)
- [The Onyx View With Toyi Ward](#)

How To Deal With A Difficult Woman



- [Radio One's Authors Week With Niecy Davis](#)
- [Afternoon Jamz With Paul "PA" Billings](#)
- [Ferguson Literary Hour With Torrian Ferguson](#)

TANYA WHITE

AWARDS AND RECOGNITIONS

- 2009 Nominee For Business First Louisville's Top Forty Under 40
- 2009 Feature In Today's Woman Magazine Article *Women We Love*
- 2008 Honoree In The Who's Who In Black Louisville Directory
- 2008 Feature in Elect Lady Magazine Article *25 Beautiful and Successful Singles*
- 2007 Honoree In The Who's Who In Black Louisville Directory
- 2003 Feature In Today's Woman Magazine Article *Wise Decisions*

TANYA WHITE

OTHER ENDEAVORS BY TANYA



Executive Producer/Host Of The *Real Talk With Tanya White* Radio Show

www.blogtalkradio.com/realtalkwithtanyawhite



Writer of *Tanya's Tips* E-newsletter

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Blogger For *Onyx Louisville*

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