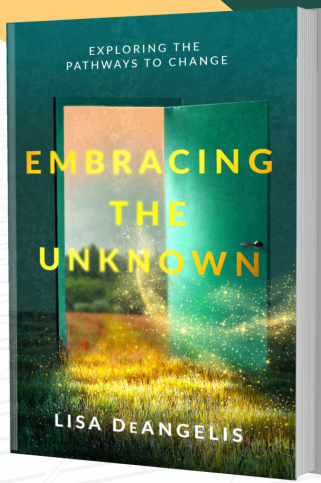


# PRESS RELEASE



## ***Embracing the Unknown: Exploring the Pathways to Change*** by Lisa DeAngelis

### **What is the secret to change?**

*Embracing the Unknown: Exploring the Pathways to Change* (New Degree Press, April 18, 2023) is a non-fiction book that guides an invitational exploration of navigating personal change.

There isn't a secret formula to unlocking and mastering change. It's not about a fixed destination—real change is a dedication to a process. It's the result of each of the choices we make and how they come to life. Navigating change requires a new set of guiding principles and core values.

In her debut book, Lisa DeAngelis shares her research, principles of holistic change, and stories of personal triumph, in a thoughtful exploration of what it means to change. The book offers readers practical ideas on how to create meaningful and lasting transformations in our lives.

Early praise from Valerie Rein, Ph.D., Author of *Patriarchy Stress Disorder: The Invisible Inner Barrier to Women's Happiness and Fulfillment*, "Engaging stories, revealing research, and the author's brilliant insights weave together in a passionate investigation of this fascinating topic. The fast-paced, documentary-style narrative brings a curious reader on an exciting quest where deeper questions and discoveries await."

DeAngelis writes that navigating change isn't always easy. Inevitable give and take—back and forth—underpins the journey. Life's big decisions can take us in new directions, and that can be a daunting proposition. She encourages readers to consider these important questions:

- Why change?
- What does it mean to change now (and forever)?
- Where do I begin?

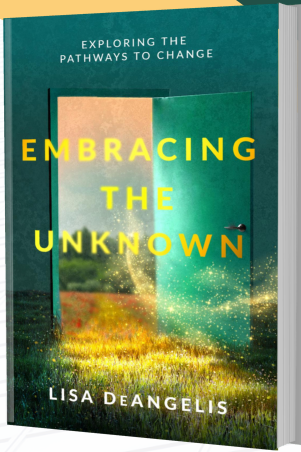
"Change is something we can not only embrace but enjoy. Designing and building the pathways to change is the first step in embracing your unknown," said DeAngelis. "The power of change is in choice."

Choose to take this first step and find your pathway.

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**Currently available in paperback and ebook formats.  
Hardback and audiobook are available November 2023.**

# PRESS RELEASE



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## ABOUT THE AUTHOR

Lisa DeAngelis is a holistic change practitioner, author, teacher, and speaker. Her vibrant, dynamic personality and broad array of professional experiences inform her intuitive approach to “doing” life.

Certified as a teacher of the Alexander Technique in 2009, Lisa brings a warm, thoughtful, and creative demeanor to her passion for change and transformation. Her book is inspired by her own unfolding journey and ongoing desire to empower others in navigating change.

An avid traveler, singer, and lover of the arts, Lisa lives and works in New York City. She is passionate about building meaningful relationships and helping others live authentically.

For more information, visit  
[www.lisadeangelis.com/book](http://www.lisadeangelis.com/book).

## EARLY PRAISE

“...DeAngelis captures so many essential concepts with grace and exquisite articulation...”

– Kelly Wendorf, Author of *Flying Lead Change: 56 Million Years of Wisdom for Leading and Living*

“Why is Mona Lisa smiling? Because she knows the secrets of embracing the unknown. In this wonderful book, DeAngelis offers a contemporary guide for seekers who wish to align themselves as they learn to smile in the face of life's challenges.”

–Michael J. Gelb, Author of *How to Think Like Leonardo DaVinci*

“...a beautifully written, thought-provoking, and actionable resource for anyone who is exploring what it might look like to make a meaningful change in their lives.”

–Henna Pryor, Global Speaker and Workplace Performance Expert


“Reading this book feels like having a conversation with a wise friend over a glass of wine. A must-read for anyone going through a life transition, struggling with an ambiguous situation or trying to go through the inevitable process of change more mindfully.”

– Dasha Shor, Entrepreneur and Food Innovation Consultant

“In a world that's constantly trying to force us to choose one extreme or another, how refreshing to be invited into an exploration of change that allows us to not only remember who we are, but discover who we want to be.”

– Stasia Forsythe Siena, Somatic Educator

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