



Alexis Nicole White
AUTHOR

MEDIA KIT

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Alexis Nicole White
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FOR IMMEDIATE RELEASE



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Author and Inspirational Speaker Alexis Nicole White Releases Memoir, The Covered

Emotional Abuse is alive and well. Contrary to popular belief, emotional abuse is not just something that happens from parent to child, or occur in teenage love affairs. Adult women face emotional distress in their friendships, daily, says Alexis Nicole White.

(Atlanta, GA) Author and inspirational speaker Alexis Nicole White addresses the untold social issues associated with emotional abuse in her new book, *The Covered*. The release of this memoir is both relevant and timely as many African-American millennial women combat the stigmas of being single after thirty; unable to find suitable mates in addition to the notion that they may not get married at all. As she highlights the frustrations experienced as a maturing woman, Alexis discusses the challenges women have with maintaining healthy images of self-concept, self-awareness and self-love.

As her book releases on Tuesday, March 8th, 2016, during the celebration of Women in History month, she strives to empower women to take control of their relationships by optimizing healthy relationships from every perspective. "We really need to revisit what emotional abuse is and make sure we are encouraging generations behind us to develop healthy relationships," says Alexis Nicole White as she acknowledges the many women who endured emotional abuse and continued to thrive.

About *The Covered*:

The publication falls in the "Biographies & Memoirs" genre of non-fictional titles and is available in 40,000 retail stores in 16 countries in paperback and eBook.

About Alexis Nicole White:

Alexis Nicole White is an entrepreneur, author and inspirational speaker. As a graduate of Purdue University, Alexis dreamed of climbing the corporate ladder. However, life and relationship experiences have birthed another passion in Alexis. Today, this writer and speaker is passionate about raising awareness about emotional abuse in relationships. Her memoir, *The Covered*, highlights her journey with experiencing emotional abuse and how she survived and thrived. Her goal is to help other women, young and old, do the same – survive and thrive.

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ABOUT THE AUTHOR:

Alexis Nicole White was born in Gary, Indiana, where she lived with her grandparents. Raised an only child, Alexis developed a passion for the arts; reading, writing and acting. As early as middle school, she began to expand upon her creative talents by writing books, plays and even publishing poetry. In college, her talents grew into professional journalism with blogging, radio and television. After moving to Atlanta to pursue her career in journalism, Alexis' passion for writing became stagnant after not being able to secure a full-time paying position. Still, she has used her voice to empower the disenfranchised and promote awareness to various social problems. Currently, Alexis is raising awareness to emotional abuse disguised in forms of deceit, mischief and betrayal in her memoir, *The Covered*.

Visit Alexis Nicole White on the web at [FaceBook.com/TheAlexisNicoleWhite](https://www.facebook.com/TheAlexisNicoleWhite), Twitter:

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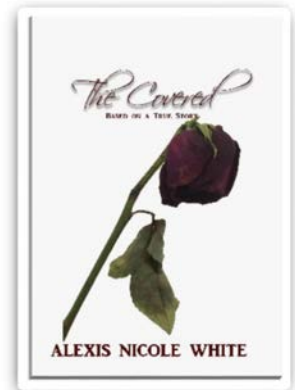
PROMOTIONAL ITEMS:

Do you know what it's like to be resilient when you don't have anyone to depend on? Alexis Nicole White does, as she defines resilience in her new book, *The Covered*.

As a millennial fresh out of college, expecting to receive the American Dream, Alexis decides to relocate to the Land of Opportunity – Atlanta, Georgia. While in pursuit of her dreams, her passion for journalism grows cold.

After being connected with the who's who of Atlanta's society, she promised by everyone she meets that they will help her. However, instead she turns up dry with empty promises. Understanding that everything that shines is not a diamond, she finds herself in a world of trouble. She is exposed to deceit, mischief and betrayal from every angle, including her friends. She is anguished with shame, humiliation and guilt. While it looks like she has hit a major road block, she decides that to focus on what is best for her.

Not sure who to trust, Alexis decides to activate her faith in God, proving she is *Covered*, above all. Will she return home as a failure? Or, will she conquer the fight of her life to survive the mean streets of Atlanta?



THE COVERED

By: Alexis Nicole White

Alexis Nicole White Media / March 2016

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EXCERPT FROM "THE COVERED"

Chapter Seven: Darkness

By the end of the summer, my relationship with Shawn became very toxic. I couldn't keep up the façade anymore. Being miserable influenced my decision to chop my hair off, going shorter than before. I lost weight. I didn't sleep through the night. I did, however, vent in my blog. Every week or two, Monique and I were at odds. An altercation crept around every post. It didn't matter who started it, Shawn always protected Monique by defending her.

I literally lost my mind.

I experienced panic attacks. My eyes played tricks on me. My blood pressure raised expeditiously; in particular when Monique came around. The woes of living there began to affect me.

In the beginning, I thought I had control.

I didn't have not one inch of control over my situation.

Being able to manipulate a situation doesn't mean you have any control over it; it means you can influence it to your favor. In the beginning, that was an option. Now? Not so much. I performed one of the greatest compromises of my life. Either I survived in Atlanta or I returned back to Gary, as a failure. It was that simple. Succeed as a transplant, or I move back home as a boomerang kid.

One or the two.

Chapter Eight: Hopeless

A hurricane broke a major pipeline in the Gulf coast, preventing gasoline from transporting into main land. Gas prices surged over five dollars a gallon as desperate motorists lined up all-throughout Atlanta trying to gas up their vehicles.

Traveling all over the Atlanta metropolitan area for interviews prohibited me from keeping gas in my car.

The shortage didn't help either. I could only pump \$10.00 at a time. I had to think strategically. Being creative allowed me to keep money in my pocket; even if it were only temporary. Shawn became my gas money. I entertained him to "get" enough cash so I could out the house. Building a networking system became vital to my success. I met new people every day. I needed help.

Survival of the fittest.

Going back home was not an option; neither was quitting.

It didn't take long for Karma to find Shawn. While I began to gain steam, he lost his. Within two months, his financial status changed drastically. Money didn't flow. Suddenly, all of the lunches at Benihana's stopped. Our carryout meals reduced. We went from eating two to three meals a day to barely eating at all.

Monique continued to complicate things. Whereas I finally started to get that Shawn wasn't going to treat me the way I wanted to be treated, I mastered playing him at his own game. I couldn't be moved by it anymore. Being bothered by something that wasn't changing seemed to be a waste of my energy. He had something I wanted; spending money. Collectively, there was no shame between Monique and Shawn. They possessed a new boldness for things to do, never running out of ways to humiliate me. Biting my tongue created resentment for the two in my heart.

One day, I received a check for \$150.00 from my father. Instead of keeping that money for myself, I thought as a team player. I purchased groceries and prepared dinner. Delicious, nutritious meals became a distant thing of the past. Another night of Roman Noodles and hot sauce just wasn't going to work.

Marveling in confusion, wondering what happened to his millions of dollars and prosperous businesses, I finally received confirmation. I had been clearly bamboozled. I never saw the millions of dollars. I never received the \$1,500 he promised me. I never obtained anything he assured me he could do. He created an online persona, making up his life as he went.

Clearly, not thinking he would have to deliver to any of the women he met online.

He took advantage of my gullible ass, giving me a run for the two pennies I had. I unraveled his schemes. He befriended an underwriter at the bank. Collectively, they wrote bogus loans. He had money because he met women who had 720 credit scores. He convinced them to take the loans out on his behalf, giving them a fraction of the money back. He was involved in a bank loan scam. Fortunately for me, I was unusable. Being a victim of identity theft prevented me from being robbed. Again. When Shawn ran out of resources, he tried to recruit more women.

Some of the women lived in other states. He promised them the same thing; to give them \$1,500 to move to Atlanta. Monique and Shawn sat on MySpace, recruiting them together.

Had I been picked by them, too? Is that why we are at odds? She wanted me too, and couldn't have me. Is that what this is all about?

Being naïve, I didn't think it were possible. I didn't suspect for anyone to be so malicious and cruel. His motives were really calculated down to the number of days. All he needed was about two months, and he was onto the next victim.

Feeling grateful for the opportunity, Shawn received all of the benefits of being my husband when he wasn't even my boyfriend. Cooking and cleaning; making love to – all of which were privileges for my husband. Not my friend! Learning what Shawn was capable of doing, prayer and journaling became my way of escape.

Nothing happened fast enough. I wanted out.

He sold me a dream and I bought it.

Damn.

3 LEARNING LESSONS FROM THE COVERED



BE TRANSPARENT:

Often, we become so ashamed of our situations or circumstances that we withdraw. Instead of confiding in others, we withhold our feelings or thoughts concerning our problems. We should never be so ashamed of who we are that we feel as though we cannot confide in someone around us. Everyone needs a release; and we all should have that one person that we can share our most intimate feelings with.

BE FEARLESS:

We cannot operate our lives in fear. It takes courage to make any adjustments in life. Always proceed with those changes by being bold, brave and courageous. Embrace all of your dreams and desires, unapologetically. At the end of the day, you have to be comfortable with who you are and all you have accomplished. Live your best life by exploring your dreams.

BE RESILIENT:

Life throws us a million curve balls. However, we have to make a choice to keep working towards our goals. As women, we must be strong, flexible and tough; showing the world that we are unbreakable. Don't allow one bad season to define you, indefinitely.

5 RULES FOR MODERN DAY RELATIONSHIPS

SET CLEAR BOUNDARIES

It is imperative to set clear boundaries in your relationships to ensure that you are being treated with the utmost respect. Without identifying those parameters, people will treat you the way they perceive is appropriate.

TRUST YOUR INNER VOICE

God speaks to us. He shows us signs. He reveals things to us. Our intuition is there for a reason – use it. We know when God has told us “no,” but we proceeded anyway. Trust your instinct.



DON'T BELIEVE THE HYPE

Every woman needs to have the ability to have her own money, housing and vehicle. Ensure you have established your credit so that if you needed to get your own things today, you can.

DON'T BE AFRAID TO WALK AWAY

If the relationship is not empowering you to become better and not inspiring you to do better, then it maybe something you need to leave behind. Value yourself enough to know when something is not being fruitful and move on

with your life.

ASSETS DO NOT PRECURSOR QUALITY

Character breeds quality; not the value in assets or other material objects. Just because a man can offer you a quality of life in the physical world does not mean he will offer you a quality of life in the spiritual world. You deserve the total package.

10 UNKNOWN FACTS

**10 THINGS YOU MIGHT NOT KNOW
ABOUT
ALEXIS NICOLE WHITE:**

- 1) I am shy
- 2) I used to be a rapper named 'Icesis Stone'
- 3) I acted in plays until 18
- 4) I engaged in engineering programs despite failing algebra three times
- 5) I was on MTV TRL Live with Ne-Yo
- 6) I was a tomboy until college
- 7) I played basketball
- 8) I served as a prayer warrior with Creflo Dollar Ministries
- 9) I met Tyler Perry
- 10) I am intermediate with American SIGN LANGUAGE



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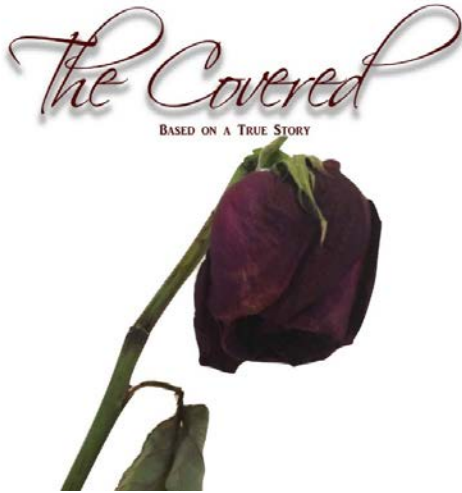
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Alexis Nicole White is a young, eager and ambitious woman, ready to pursue her dreams and take on corporate America. As with many women, part of the way she viewed success was being in love and loved, in a healthy relationship. However, after disappointments both professionally and personally, Alexis is forced to look at her life and redefine what it means to have love, happiness and success. In **THE COVERED**, Alexis reveals several ways women are involved in emotionally abusive relationships.

In **THE COVERED**, Alexis reveals several ways women are involved in emotionally abusive relationships.

Learn how to...

- Set clear boundaries
- Trust your inner voice
- Not believe the hype
- Be prepared to walk away
- Identify quality relationships and people

THE COVERED

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Alexis Nicole White Media / March 2016

Paperback: 6' X 9', 236 pages, \$15.99

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eBook: digital, 195 pages \$5.99

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YOU DESERVE THE RIGHT TO BE IN A HAPPY AND EMOTIONALLY HEALTHY RELATIONSHIP

Be Transparent. Be Fearless. Be Resilient.

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