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From beginning to end, I loved your book! It's well-written, chock full of provocative ideas, and inspiring.

—Prill Boyle, author of *Defying Gravity: A Celebration of Late Blooming Women*

Allyn is one of the most comfortable interviews I've had. Because she knows her stuff and truly believes in it, she talks with ease. Her warm approach pleases and inspires. I know Allyn and I must have been best friends in a previous life!

—Jane Prince Jones, Talk Radio KYFO

For a free excerpt from *Grab the Queen Power: Live Your Best Life!* email info@allynevans.com.

Allyn Mitchell Evans

www.allynevans.com, info@allynevans.com, 405-612-7782

About the Author and Speaker



Allyn Evans is author of *Grab the Queen Power: Live Your Best Life!* and *Living Happily Ever After With Your Daughter Today*. One speech short of her Advanced Toastmasters Designation and a Regional/District Tall Tale Competition Winner, Evans entertains and informs audiences while challenging individuals to “live their best lives.”

Evans’ work centers on her desire to help other girls and women meet the challenges of successful living. As a young woman, Evans found she always got in the way of her own progress—creating obstacles and allowing her deeply ingrained fears to stop her at every turn. Compelled to “come to grips” with herself, the native Mississippian dug down into her cultural heritage to figure out what went wrong and why. This self-study expanded to include the many women Evans interviewed for her work in the uplifting [Grab the Queen Power](#).

Check out Allyn’s Blogs:

Happily Ever After Today
www.allynevans.blogspot.com

Happily Ever After with Your Daughter Today
www.happilyeveraftertoday.blogspot.com

The Alert Parent: Helping your Child Navigate the 21st Century
www.thealertparent.blogspot.com

Now Evans turns her attention to young girls approaching adolescence. Evans believes what happens to girls during adolescence sets the stage for whether or not a child becomes a happy, productive adult. Evans says, “If we can help our girls transition in a way that honors and empowers them, then we will have provided a tremendous service.”

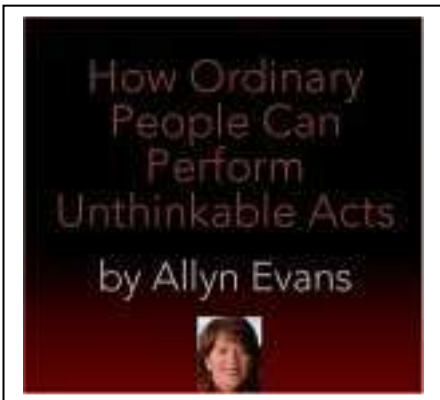
Evans’ days are filled writing, interviewing, and speaking—that is, when she’s not playing tennis! Evans now resides in Oklahoma with her husband and eleven-year-old daughter. **Degrees: MBA and BA in Psychology**

Moderator of audio series for writers (Double Dragon Publishing)
Amazon Short Author: “How Ordinary People Can Perform Unthinkable Acts”

Author of ebook: *Catch Your Dream: And Live It!*

Grab the Queen Power selected as a Top Ten Read on MyShelf.com. Featured in January 2007.

Founded www.QueenPower.com.



Member of: [Toastmasters District 16 Speakers’ Bureau](#), [Respect Diversity Speakers’ Bureau](#) and an [Expert Consultant for Expert Consultant for the Science, Math, Engineering and Technology \(STEM\) project](#)

Presentation and Appearances *Partial Listing*



Presentations

Toastmasters 60th Anniversary Celebration | Presenter, Stillwater, OK
Yale HS Faculty Inservice | Workshop presenter, Yale, OK
Baptist Memorial Hospital Women's Conference | Keynote, Oxford MS
Tech Centers | Monthly Featured Speaker for seven GirlTech Programs, OK, ongoing
Oklahoma PTA Annual Conference | Workshop Presenter, Stillwater, OK
Career Technology Education Annual Conference | Presenter, Oklahoma City, OK
Red Dirt Book Festival, Presenter, Shawnee, OK
Stillwater Writers' Group | Stillwater, OK (two appearance)
WISE Conference | Ft. Worth, TX
Presentation | "Shoot for the Moon", Stillwater OK
Book Festival | Books n' Blues Festival
[Time for Women Conference](#) | Lubbock, TX Civic Center
Presentation | Featured speaker for Arbonne Consultants, Lubbock, TX
Host | QueenPower.com teleclasses
Presentation | "My Mom is a Superhero", Stillwater, OK
Mistletoe Marketplace | Jackson, MS, Civic Center
Book signing | Hastings, Stillwater, OK (three appearances)
Moderator | Double Dragon Publishing, audio series for writers
Choices | Featured speaker for women's group, Stillwater, OK
Meridian Technology Center | Speaker, Girl Tech, Stillwater, OK
Junior Miss Program | Interview skills training, Stillwater, OK (two years)
Junior Miss Program | Featured speaker at ceremony, Stillwater, OK
Stillwater Chamber of Commerce | Keynote, Stillwater, OK
Perry Writers' Group | Featured speaker, Perry, OK
Domestic Violence Support Groups | Guest speaker (two appearances)
Muse Online Writers' Conference | Featured presenter
Unplug to Connect | Co-facilitator for workshop, Dallas, TX



Radio and Television

Q93.7 FM Radio, Oxford, MS | Promoting Women's Conference
Chatting With Women Radio Talk Show | Featured Guest
Live Teleclass Moderator, "How To Write Your Life Story"
The Wright Place Television Show | QueenPower.com featured
WAHM Internet Talk Radio | "Work-At-Home Moms," with Kelly McCausey (two appearances)
The Jane Prince Jones Show | KFYO News Talk 790 AM, Lubbock, TX (two appearances and invited to co-host with Jane at *Time for Women* event)
Jim Gregory Show | WCLD/Cleveland, MS
The GardenMama Show | SuperTalkMS/WFMN-93.7 FM
Stillwater Channel 31 | Featured author, Morning Edition (two appearances)
Read About It | TV program hosted by BJ Williams, Oklahoma City
By For And About Women | Talk Radio, Edie Galley
Real Good News TV | TV program hosted by Jan Brown
Internet Voice Radio | Featured Guest, Janet Elaine Smith show

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Praise and Testimonials

Thanks for a wonderful job! Your presentation was entertaining and heartwarming. We can't wait to have you back!

—Jennifer Stuart, Stillwater Chamber of Commerce

Thank you for speaking. You were one of the best speakers we have had! You were very straightforward and honest. The handouts were wonderful!

—Linda Allen, President Stillwater Writers' Group



The students enjoyed your presentation!! Thank you for a great day and for helping our students find their road to success.

—DeAnna, GirlTech Coordinator, Meridian Technology Center

Grab the Queen Power is a wonderful example of how we get locked into stereotypes and what to do when we don't fit these stereotypes. Evans encourages independence and self-reliance through her words, examples, and experiences of others. Through her writing, I too have grabbed my own queen power.

—Dawn Walker, Queen Power subscriber

Allyn Evans's *Grab the Queen Power* is full of anecdotes that entertain and wisdom that will make a difference in the lives of women.

—[Carolyn Howard-Johnson](#), author and Instructor for UCLA Extension's Writers' Program

Allyn Evans "wow'ed" the listeners on my *Marketing for Fun and Profit* program at Internet Voices Radio as she presented her own brand of queenly power for women worldwide.

—Janet Elaine Smith, best-selling author and Marketing Director for Star Publish

Do yourself a favor. Grab the queen's book and begin living the life you were called to live. Put away your mask and welcome your authentic self. You'll be grateful you did.

—Dotsie Bregel, founder of BoomerWomenSpeak.com

Thank you for being so delightful and for sharing your time and energy with us.

—Brenda Gill, Domestic Violence Services

Allyn Evans was fantastic! It's so nice to know everyone suffers from the "committee on the brain" syndrome. My "committee" has worn me out over the last 40 years. I'm tired of always trying to keep up with the Barbie Doll image dream. Thanks Allyn for opening my eyes to what really is important.

—Participant, Baptist Memorial Hospital Women Awareness Keynote Luncheon

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Available Seminars and Workshops

Allyn Evans has nearly two decades of experience teaching and speaking. She has appeared on numerous radio and TV programs. Topics include: www.QueenPower.com, **Catch Your Dream: And Live It!**, **Grab the Queen Power: Live Your Best Life!**, **Living Happily Ever After With Your Daughter Today**, **DDP Audio Series for Writers** and related motivational and inspirational topics.

Suggested Topics:

The Alert Parent: Helping your Children Navigate the 21st Century

Parents, welcome to the 21st century! Allyn Evans invites parents to welcome in the innovations and challenges coming their way. She encourages parents to meet the 21st century with her like explorers, not fearful that "the times they are a changin'." Using personal experience and stories of others to illustrate key points, Evans will prepare parents to face the world our children live in, while providing information to help them utilize new technologies and innovations without being damaged by it.

Living Happily Ever After with Your Daughter Today

Based on her soon-to-be-released book: "Living Happily Ever with Your Daughter Today," Evans relied on research, interviews and personal experience to develop a thought-provoking and interactive workshop for mothers, girls or mother and daughter audiences. She introduces twelve principles of empowerment and includes a bracelet-making activity that serves as a reminder to mothers and daughters of what they learned and shared.

You Have Met the Enemy and She Is You!

Oh, she's vicious! She's mean! And she's YOU! Some people call it the "Gremlin," while others refer to it as "Monkey Mind" or "Inner Critic." Your mean voice will remind you of every shortcoming and flaw you could possibly have even if "She" has to make it up! Evans helps participants to recognize and defeat their inner critics. This presentation includes how to handle fears, recognize the power of others and best practices to help you reach your destination.

Abracadabra: The Spells We Are Under

We are the only jail keeper. Our beliefs hamper our progress. "I can't do math. I'm a girl." "I must look bad today someone told me I did." "I can't go back to school. I'm too old." Evans shares with audiences how to recognize spells and to debunk outdated beliefs. Using a storytelling approach, she describes her personal story and stories of others.

Finding Happiness When Times Are Tough

Inspirational and thought provoking, Evans shares traumatic, yet life-altering experiences of others to encourage participants to go after their dreams. She presents five key points with listeners to help them move forward in their lives.

We've Come A Long Way Baby

Sharing stories not told in American history class, Evans offers an entertaining review of the last 100 years. Learn about the trailblazing women who traveled the road before us.

Long Live the Queen!

With a powerful personal story, Evans reveals three external influencers that caused her own tiara to slip. With the intent of coming to grips with herself, she discovered how to neutralize external factors while again, crowning herself Queen. Using material from *Grab the Queen Power: Live Your Best Life!* Evans shares the stories of some of the women she interviewed for the project.

Workshops are available. Allyn will tailor presentations to meet the needs of your audience for festive gatherings, girls' groups, parents' organizations and any queen-theme related event.

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Founder of QueenPower.com



“Finally, be unusual! Try to be different and unique. This creates buzz and free publicity and it is fun too! See NAWW member Allyn Evans at www.queenpower.com for an example.”

—[Sheri McConnell](#), President of National Association of Women Writers quoted in feature article written for [BooksJustBooks.com](#)

www.QueenPower.com

Created as an online community to help women promote, support and encourage each other. The original tagline read: Don't wait till you're ready, have more time, or grow a little older. Start living your best life now. Grab the Queen Power now!

Wrote weekly Queenzine for more than 500 subscribers and managed QueenPower.com forums before turning over to new owner, Barbara Bellisimo.

Highlights:

Average Girl Magazine | Contributing Writer, 2004 to 2005

ComfortQueen.com | Interviews featured monthly on website

[Living Fulfilled: Girls Roadmap to Capturing Your Purpose](#) | Featured interview in book written by Karlana Lee, Founder of InterCityLink.com

The Author's Companion | Featured guest in self-guided audio course created by Christine Hohlbaum for authors.

The Complete Writer's Journal | Featured author. The book includes quotes from writers in all stages of their careers. Published by Red Engine Press.

www.usadeepsouth.com Article [featured](#) on site

www.naww.org Featured writer in weekly e-zine

www.booksjustbooks.com Mentioned by [Sheri McConnell](#), NAWW Founder

www.parentingacademy.com Reprint of interview in June 2005

www.empoweringmessages.com [Featured](#) on website Summer 2005

www.boomerwomenspeak.com Book mentioned in quarterly e-zine

www.lianametal.tripod.com Listed free eBook on the site

www.workingmother.com Featured Queen Power's team concept (CrownAtude), June 2005

www.interlinkcity.com Featured author on audio series for subscribers, July 2005

www.boomerwomenspeak.com Featured book in July 2005

www.cultivatelife.com Featured [Tiara Fairy](#) idea in June 2005 e-zine

www.redenginepress.com Featured author with Author's Coalition and Red Engine Press

www.latimes.com/extras/festivalofbooks Participating in LA Books Festival in April 2006

By For and About Women Radio Show
The Most Powerful Internet Radio Talk Show For Women

Topic: Stepping Out of Your Comfort Zone

Internet Radio On Demand – What You Want, When You Want It

Hi Allyn, I really appreciate you talking with me.

First of all – Can you tell us what is “Queen Power”? Queen Power is something that evolved as I wrote my first book *Grab the Queen Power*. When I started working on the project, my main goal was to figure out why as a young woman, I always seemed to get in my own way. Why I created obstacles and let all my deeply ingrained fears stop me. From outside appearances, I had everything going for me—wonderful supportive family, great marriage and nice childhood memories. But for some reason I couldn’t move forward and continually felt lack, frustrated and confused. To write the book, I gathered interviews from other women. I thought once I transcribed all the information everything would be crystal clear, when in fact it wasn’t. I thought all the women would be saying the same thing I had said and would have the similar experiences and perceptions. But instead everyone had different symptoms or pains. This confused me, but I kept writing and kept gathering information. Then one night in 2004, I had a dream and awoke to a voice telling me to be a queen. So I started writing about the Queen archetype and returning to the times in my life when I felt more queenly (age five, for example). I thought about how I had lost my tiara in the process of growing up and that’s when everything started making sense. What happened to women caused different symptoms, but the culprits—all external to us—are what caused our tiaras to slip as we grew from child to adult. So, Queen Power ... gets us back to our selves—the self who is empowered and can reach her highest potential. That’s what Queen Power is!

Did you step out of your comfort zone to write “Grab The Queen Power, Live Your Best Life” Oh yes! And I’m still doing that on a regular basis. Because as you reach one rung of the ladder, then you look up higher and reach for the next. With each reaching you step out of your comfort zone.

What prompted you to write the book? It started with the need to figure out why I felt so powerless in my own life. The need to do this was reinforced by the birth of my daughter. I didn’t want her to struggle so. And I believed on a very deep level that life didn’t have to be miserable. Initially, the project didn’t start out as book. I simply started asking my cousins and friends questions. I wrote essays about my thoughts and feelings. And as my reach expanded, I realized maybe what I was doing would become a book and could possibly help others.

In the book you also include stories and quotes from so many other women – how did you get so many women to step out of their comfort zone and contribute their personal stories? That was really hard and pushed me way out of my comfort zone too. Every time I asked someone for an interview, I felt like I was intruding or bothering them (oops, there goes those old tapes again). And I hate cold calling folks—still do! Anyway, as far as the women are concerned, I promised them I would not use their full names or any identifying information unless they desired it. A few did, but most wanted to remain unnamed. There were a few women who I lumped under the ‘fictional character’ Olivia because of their concerns for privacy.

How did queenpower.com get started? Before I even thought of the idea to write the book, I had always dreamed of having an organization that helped women figure things out—specifically as it related to jumpstarting a new career or transitioning to another one. So once it came time to create a website for the book, I decided to start this type of organization on a small scale. For example, I started with five subscribers to my ezine (family and friends) in September 2004.

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I know that one of your goals is to empower women and you really “walk the talk” so to speak on queenpower.com, not just with the resources and support that are provided but I was amazed at the talented women that contribute there. Having a resource like this online really makes it easier for people to step out of their comfort zone and get support along the way doesn’t it? Yes, I agree! The Internet has opened so many doors for people. And more importantly, it’s made our world small. I now converse with other authors, including the untouchables, via e-mail or on a message board. I think I have benefited the most from Queen Power because I have met so many fabulous women—and not only that, QueenPower.com opened the door for collaborations with many of them.

What is your goal with *Living Happily Ever After with Your Daughter Today*? My motivation is again my daughter, and my desire for her to have a different and much healthier experience in adolescence. I wish I could explain more clearly why I am driven to write for and about women. I keep going back to my long-held belief that we weren’t put on this earth to live sad, frustrated and confusing lives. I believe that adolescence sets the stage for women and that if we can help our girls transition from child to adult in a way that honors and empowers them, then we will have provided a tremendous service.

Have you had to make any changes that have been difficult? Do you mean in my personal life? No, I haven’t. When you start stepping in the direction of your desires, yes ... changes do happen, but I’ve found them to be slow and comfortable. We are never who we were yesterday. And so even if I tried to hold on to what I thought I had, it would be different.

It is not easy to get out of that comfort zone, it is SO MUCH easier to stay in, and yet there are so many good opportunities for us if we can step out – I’ve read that research actually shows that venturing outside your comfort zone can trigger the release of dopamine a mood-lifting neurotransmitter – can you share some important points for our listeners that may be helpful in stepping out of their comfort zone?

Yes, I would love to do that. First remember that it’s usually the smallest choices we make that have the most impact in our lives. So, when you are thinking about making a change or stepping outside of your comfort zone, think small. When I conceived the plan to interview my friends and cousins, I didn’t focus on the end result. And when I finally did decide that I wanted to write a book, I didn’t suddenly have the book. I just had to start where I was. And take actions that eventually led to the publication of the book. The idea of publishing the book was too big to think about, but I could think about scheduling an interview and talking to a webmaster. I could think about writing another essay or querying publishers. Don’t get overwhelmed by the end result or what is required to accomplish your dream...instead start where you are and take the next step that will get you going in the right direction. Go to the library and check out a book on the topic. Start now. Start today. And do what author Susan Jeffers told us to do, “Feel the Fear and Do It Anyway!” Even though I hate making cold calls, I still make them. And even though years ago I had a tremendous fear about speaking in public, I joined Toastmasters to overcome it. To recap: 1. Start where you are. 2. Take small steps to reach your goals. 3. And finally, feel the fear and do it anyway!

Internet Radio On Demand – What You Want, When You Want It

EXCERPT FROM LIVING HAPPILY EVER AFTER WITH YOUR DAUGHTER TODAY

Introduction

Why 12 Beads?

“Your daughter is going to grow up to be prim and proper. She’ll be someone who always does the right thing.” A wise woman told me in a dream when my daughter Addy was a small child.

At the time I was writing *Grab the Queen Power*, an examination of how some messages from our childhood limited our capacity to fulfill our potential as adults. Of course I wanted Addy to be a person who did the right thing, but I knew from personal experience and from my research for *Queen Power* that being prim and proper could hinder her.

The wise woman had much more to tell me about my daughter. “She will be concerned with appearances. She’s going to try to please other people. As an adult, she loses the spontaneity of being herself. I see her older, behind a mask.”

Queen Power was an exploration of the masks that I and many of the women I interviewed had assumed, trying to please others as we grew up. It seemed as if we had lost our way; that though we lived responsible lives, we had somehow dulled the promise we felt as children as we tried to make ourselves over the way other people indicated was best for us. It had taken many frustrating years of study and work for me to begin to own my life. It didn’t seem right that my daughter was to repeat this difficult journey.

“How can I prevent this from happening?” I pleaded with the woman dream messenger.

“Allow her to be herself. She has to be able to trust herself, and that’s really up to you.”

“Do I really have this much power over who she becomes?”

“Think of your ability to influence her more as this: what she’ll have to be get over if you try to mold her into someone she’s not.”

The woman continued. “It comes down to what you do with her. Talk to her about making choices. About responsibility. You are going to have to be open to her making mistakes. Respect her individuality. She will be different from you in ways that will be hard for you. Her personality is also going to be different.”

Her next words surprised me. “She is *not* a child who conforms well.”

“If she’s not a conformer, how in the world would I be able to turn her into a pleaser?”

“You can force her to be a pleaser.”

“Force her?”

“You must listen to her as much as you talk to her. If you do that, the two of you will be able to get through the years ahead more easily. This way she’ll be truly herself as an adolescent and adult.”

With that admonition, I woke up.

At the time of my dream, I had spent years trying to first fit myself into who I thought the world was telling me to be, and then trying to “get over” the pain of having lived as someone I was not. There had been no physical or emotional abuse, no extraordinary trauma during my growing-up years, but as an adult, I could not seem to find my own way. All my paths seemed to lead to the same dead end of struggling to please authority figures, and feeling in some way too damaged to even know what was best for me. Figuring out how this could have happened had driven me to write essays. I needed to understand how a loving home and community of well-intentioned supporters could construct such a difficult path. I had spent years thinking about it, eventually seeking input from others, beginning with my family and friends and then reaching out to a larger group of women ranging in ages from 25 to 100. I had discovered I was not the only one with something to get over. Now as I was melding what I had learned into my first book, *Grab the Queen Power*, a dream messenger had come on Addy’s behalf, telling me I had not yet extended my hard-won lessons to my daughter.

One night just after I finished *Grab the Queen Power*, Addy and I watched *Rudolph*, the CBS special that is one of my all-time Christmas favorites. That night, when Rudolph’s dad gave him the nose cover, I snuggled with Addy and coasted along with the familiar story line. The dad wanted to protect Rudolph by having him hide that bright red nose—the part others didn’t like because they thought it was weird. Rudolph obediently put the cover on. He started talking. His voice sounded strange. He looked strange. The nose cover hurt.

Cuddled next to my daughter, I was suddenly alert. Rudolph’s father wanted a prim and proper child. He was forcing Rudolph to please everyone else. And for Rudolph, that was very painful.

I had just spent several years looking at how my life and the lives of other women were often impeded from fully developing and utilizing their interests, talents and skills because of the need to be proper, to fit the image we thought the world wanted of us. Now I wanted to focus on our daughters. I wanted to know how I could transfer what I had learned to Addy.

Once again I begin reading, searching, learning. What was life like for girls in American today? What would give girls the resilience and confidence to explore their own lives as they grew into strong and capable women?

Along the way, another movie informed my quest. In the movie *My Life*, Bob Jones’ wife is expecting their first child when Bob is diagnosed with terminal cancer. He decides to videotape instructions for the son who will grow up without his physical presence. In

about a year's time, he covers almost every topic conceivable. He teaches Brian how to enter a room. He reads him story books. He talks about dating, marriage, children, life. As I watched the movie, I wondered about my own daughter, about what I felt was important for her to know, about how I could give her a solid structure so she could build a life. Her own life.

So I began a new book. This book is from a mother to mothers, especially for mothers of daughters in the 'tweenie' period—those years after our daughters have left babyhood and before they are buffeted by the separation and individuation that marks the teen years. The book relies on what I learned as I wrote *Grab the Queen Power*, encouraging women to believe in their own power, to take the steps to live the best life they could imagine. It relies on the research I've done on how our culture impacts girls today, and the fundamentals that serve them best in a fast-paced, rapidly changing world. It relies on the teachers, counselors, parents and students who spoke to me about their concerns and hopes. It relies on the ideas from movies and books. And it relies on dreams.

As I was deliberating on how to best present these ideas, another wise woman came to me in a dream. She showed me what I thought was a rosary. I'm not Catholic and have never used a rosary as a prayer aid, but I walked closer to see what the woman was holding. It wasn't a rosary. It was a bracelet filled with brightly colored shiny beads. "You need twelve beads," she said. "Twelve beads for the principles of empowerment."

So I have taken all the information I've gathered, all the wisdom from various sources, and distilled it into thirteen sections. This is not a how-to book, but a leaping off place, guiding you, as a mother, to look at empowerment issues, to see if there are ways in which you want to investigate further to achieve those principles for yourself, and suggest ways you might introduce them to your daughter. At the beginning of each chapter, I have written a note to Addy about things I would like her to know if, like Bob Jones in *My Life*, I were not going to be present to teach her. Appendix A is a bibliography of movies and books, some for moms, some for daughters, and some that can be shared, that I have found illustrate different principles of empowerment. Appendix B is "Good for Girls to Know," a group of essays exploring issues that have contributed to defining girls in our society today.

As you read the book for yourself, I suggest you begin a bracelet for yourself, adding a bead as you review each principle so you can honor the joy empowerment brings. Discuss these principles with your daughter. Encourage her to make a bracelet for herself.

Then watch as your lives blossom under the guidance of the twelve beads.

TIPS FOR ASPIRING Queens (Adapted from *Grab the Queen Power*)

A Queen Understands SHE is Her Greatest Potential

As explained by Allyn Evans in *Grab the Queen Power: Live Your Best Life!* “Our biggest challenge is coming to terms with our greatness. For whatever reason, we have forgotten that to *be* is powerful.” According to the *Course in Miracles*, the biggest challenge to overcome is the belief that the “cause of one’s problems is ‘out there.’” The key is understanding that nothing external to us can make us happy or not or that “love is not something that is given or taken away by another, but instead is created within.”

Here are Allyn’s tips for reaching your highest potential:

- 1. Create your own ‘That’s What Queens Are For’ Queen Team.** I highly recommend that you establish a ‘social’ Queen Team, a group for ‘fun.’ In today’s world, where people relocate often, and we are in our cars more than we are on our sofas, it’s easy to get ‘dislocated.’ Gathering with a group of women to have fun—laugh, play and giggle—is the way to open yourself to new and exciting possibilities. Developing friends from work or other activities takes time. One friend who moved a lot in her early adulthood said she discovered it took at least two years to establish intimate friendships, and seemed to take longer the older she got. Like everything else, you can speed up a time frame if you add a little structure. That’s your Queen Team. You don’t even have to wear your tiara, though my group has, and we weren’t the only ones who ended up having a good time. The combined energy of good friends is contagious. If you don’t have a Queen group now, try it. If you do, drop in our Queen forums, and tell us about it. Your social group needs to be comprised of women living in your geographical area. You need these Queens so close to you that you can hug them on a regular basis!
- 2. Stop the Mean Voice.** Your thoughts create your reality. It really, really is true. If you call yourself stupid, you will meet people who will assist you in believing it. If you think of yourself as willing and capable of learning new things, you will find you are using and increasing the talents you were born with, and that people step forward to give you many opportunities to do so.
- 3. Declare your Intent.** Prepare to listen and act on inner promptings. We’re often so closed off from our directives that we either don’t hear them or completely miss them altogether. To make lasting change, you must make a declaration. By doing so, you are accessing the power of intuition. But, before you do, it is vitally important that you understand with this commitment comes the duty to act. Simply asking to ‘hear’ more clearly doesn’t alter your current situation. It’s the acting on the inner promptings that change the course of your life.
- 4. Forgive Others for all the Real and Imagined Transgressions Against You.** Holding on to grudges, seeking revenge or stuffing down anger only makes you sad. A Queen will never find the peace and joy she seeks if she hangs on to the injury caused unintentionally or purposefully by others. Truly, it is all about “letting go and letting God.” It’s a matter of surrendering the ‘accusatory’ stance and ultimately allowing those feelings to float away.
- 5. Treat Yourself Like a Queen.** Many women go the other direction and think any need to take something for themselves is an indication that they are self-absorbed. Sneaking away for two hours to nap, read or to be alone would fill some women with a tremendous sense of guilt. *Oh, I really shouldn’t have done that. Selfish, selfish, selfish.* Always remember you are a Queen and turn to your intuition for help, you can design your own life so your energy is used to its best advantage.

6. Dream Big, But Take Small Steps. Once you give yourself permission to dream big, your tucked away imaginings will start emerging. You'll hear whispers. Before you know it, a picture will appear. At some point, you will know the direction you *must* go. Turns out it was always the way you needed to go, but since you completely missed it till now, you stumbled. Eventually, you will know where the road is, how to find it and where it will take you. Finding it, you'll start moving closer. One day you'll wake up and realize you are there. One day you'll understand that happiness, joy and peace have always been your right. And it's now yours to share.

7. Focus, Focus, Focus. Once you start to focus on your path and daily strive towards something that provides meaning to you, you will wonder what took you so long. For me, even on the supposedly bad days when nothing goes right, all is *right* in my world because I'm doing what I am here to do. That's it. A joy that previously eluded me surrounds me, and keeps me grounded even when my external world seems crazy.

8. Assume Your Queen Power. "Grab the Queen Power." I am saying it constantly, reminding myself and others to remember where the power resides, so you, and I, can live our best life. Truth be told, there's really nothing to grab. It's more like "grow your Queen Power." Once you start living more queenly (basically that means authentically), your power will slowly emerge and begin filling you with light. One day you will awake and find yourself bathed in the glow of personal power. In that moment, you will know that you are truly on your way. You will know from heart to mind that you are where you are supposed to be and doing what you were placed on this earth to do. It's that simple. Of course, that doesn't mean it's necessarily easy.



Adapted from *Grab the Queen Power: Live Your Best Life* by Allyn Evans.

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Book Reviews

Review [Carolyn Howard-Johnson](#), Author of *This is the Place and Harkening*

Finding Your True Self Among The Cultural Clutter

Reviewed by Carolyn Howard-Johnson, columnist and reviewer author of *This is the Place and Harkening: A Collection of Stories Remembered* and *The Frugal Book Promoter*

It seems that our culture continues to trade on a little girl's desire to grow up to be cared for by a handsome prince. No doubt the Cinderella story is a captivating one. We, as a culture love Underdog (remember him from the 70s?) and Horatio Alger. The sad thing is that women still identify with the pretty, overworked keeper-of-the-hearth who has all that unrealized potential hidden beneath her apron and behind her sad eyes.

Allyn Evans, the author of *Grab the Queen Power*, uses the term (and title) *Queen* to attract readers who might otherwise not read a serious book or who would not understand the confident persona the author is trying to reach. *Queen* is a combination memoir and guide. It uses scholarly interviews with women of all ages to evoke memories and understanding from the reader. It is not light reading but it is inspirational.

Author Allyn Evans, born as a southern belle, draws from cultural icons from literature and film (Scarlett O'Hara, The Sleeping Princess) and serious feminist writers like Sue Monk Kidd to make her points. She has also worked closely with professors and graduate students from schools like Delta State University and the University of Mississippi's Center for the Study of Southern Culture. That she also reveals herself--right down to the core--is effective because we see the courage there, the willingness to bare raw bones in the cause of helping others.

Clever titles like "The Half Unconscious Queen" and "When the Princess Takes her Poison," along with fully wrought scenes and anecdotes makes this serious work entertaining. I'd like to see every little girl who turns 12 read it before she enters those difficult years of development, before she ventures out into the world. She would be certain to see things more clearly than generations of women gone before. Times have changed but the echoes of repression still abound. We can only be the better for recognizing them when we see them. This book will help women in any generation know and understand them well.

(Carolyn Howard-Johnson's first novel, *This is the Place*, has won eight awards. *Harkening: A Collection of Stories Remember* has won three. Her new book, *The Frugal Book Promoter* is USA Book News' "Best Professional Book 2004." Learn more at: <http://carolynhoward-johnson.com>.)

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Review Lea Schizas, Editor of Apollo Lyre

Have You Given Away Your Power?

Every woman wants to feel like a Queen. Yet the long imposed rule of thought that this is a man's "patriarchy" domain sets many women back. Allyn Evans' "Grab the Queen Power: Live Your Best Life" will begin setting you free to experience ways of breaking out of the self-imposed "women are for cooking and men are for ruling" train of thought. You will begin to feel like a Queen.

Evans' interviews with the women who shared their inner thoughts and past recollections are heartwarming. Many of these women felt they were in cultural situations that kept them from evolving to their full potential. Their recollections and experiences will help you to realize your own "Queen Power."

Evans has managed to capture the essence of why some people or cultures consider it inappropriate for a woman to display the same assertiveness as a man when it comes to their career or to having an outspoken personality. She shows you how to see yourself as unique, how to begin the process of unraveling the cultural web that may be strangling you and keeping you from becoming the woman you were born to be.

If you have ever thought you weren't living up to your full potential as a woman, then "Grab the Queen Power: Live Your Best Life!" is a book I highly recommend to begin the process of reclaiming your power.

Review Amy Taylor, Columnist for [*Delta Magazine*](#)

In her first book, Cleveland native Allyn Mitchell Evans captures the spirit of women who have assuredly discovered and claimed their power that lies within. For the many women who lack a venue of expression for their self-confidence, Evans' book serves as a self-help manual for those seeking their voice.

Balancing between women who hide behind a culturally imposed mask acceptable to society and portraying one's true self in a non-offensive manner, Evans identifies the struggle. With self-reflective commentaries and testimonials from leading psychologists and fellow writers, Evans offers suggestions on how to succeed as a woman who remains true to herself without comprising her femininity and sanity.

After experiencing years of the growing pains associated with self-analysis, self-discovery and self-validation, Evans declares that she has achieved "queen status"—that is, she has taken control of her life. She shares directions on how she successfully traveled the journey on her "road to royalty."

Evans, who is currently writing a second book, explains, "I wrote 'Grab the Queen Power' to 'come to grips with myself'. I wrote it for women who, like me, buried their essence even while they worked the best they could for the best of others. I wrote it for our mothers and for our grandmothers. I wrote it for my daughter, and for the children to come."

Allyn Mitchell Evans

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Review Jo Alice Hughes, Columnist of [Greenwood Common Wealth](#)

Evans directs her advice to women who, like most of her generation, were brought up to sacrifice what they want in favor of what others want, always putting themselves last, behind husband, children, parents and just about everyone else.

She speaks to their inner queen.

“Grab the Queen Power” is painstakingly researched and includes excerpts from Evans’ own journals, narrations of dreams that provided direction and vision for her, and recollections of women whose personal stories Evans sought to provide examples for the reader to follow.

Greenwoodian Donna Warner edited the book. Local readers will recognize other women from the area, as well, for the experiences they offer. Sela Ward, actor and native Mississippian, is quoted.

The voices providing the heard and soul of the book will resonate deeply with the generations of Southern women—and who can be more Southern than Delta women? —who were brought up on:

- What will the neighbors think?
- Get married; have children.
- Be nice, even if it hurts.
- Wanting too much isn’t nice.
- Color inside the lines.
- The world doesn’t revolve around you, young lady.
- It’s my fault—I’ll fix it.

Evans, a native Mississippian herself who now lives in Oklahoma, and the women who contributed to the book relate the routes they took to find their authentic Queen selves. No path was easy; no advantage was assumed; power had to be seized and control gained. And the stories are endlessly fascinating.

It may sound as if this book is a man-bashing, power-at-any-price tirade that has women running over and stomping on anyone who gets in their way on their journey to “fulfillment.” Not so—definitely not so.

Once the stories have been told, Evans provides a well-reasoned step-by-step guide that involves no bashing of others, male or female, no rudeness and no brutality.

Simply, Evans’ Queen doesn’t wrest power from others; she finds it within herself. And the journey she takes to reach that point is worth far more than the price of the book. To learn more about Queen Power, visit the site Evans founded: www.queenpower.com.

Review [Kathe Gogolewski](#), Editor: “The Fiction Flyer”

It can be a lonely journey for a woman who feels something is missing in her life, especially if that something is her identity. Perhaps she harbors a desire to discover her authentic self, if she thinks she has one. This search can generate a painful and isolated experience, but it needn’t be that way.

Allyn Mitchell Evans

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Allyn Evans has written the companion traveler for women on this path. In her book, *Grab the Queen Power, Live Your Best Life!* she reveals inspiring accounts from her own life, as she maps out a cultural trail from girlhood to adulthood. Along the way, she unveils reasons that many girls and women have learned to subjugate their personal power to the needs of others. Interviews with other women are interspersed throughout and underscore her stories. Spell binding and highly personal, the stories captivate, as they may easily belong to me or you, or one our sisters or best friends.

Through the stories, we learn that our confidence and high self-esteem, those gifts from girlhood, may erode from an onslaught of cultural messages that instruct girls and women about our role in society. By the time we reach our teen years, our dreams may merely echo the vitality we once enjoyed. Evans takes the reader from there to her college experience, and then on to marriage and later years, navigating the testy waters with an uncommon blend of honesty, sensitivity and caring.

After exposing the conditions, Evans offers an alternative awareness. She dedicates the final third of the book to a new way of thinking. She outlines the attributes of, in her words, an “Authentic Queen,” and paints a vivid image of a woman who understands and accepts herself fully, who loves herself enough to give to others, who is truthful as well as merciful. It’s a heart-warming list, and leads seamlessly into the final section, where readers learn the steps toward actualizing their true selves. My favorite among the nine steps: Declare your intent. Be prepared to listen and act on inner promptings. Taken together, these nine steps create a rich menu that I know I will want to visit repeatedly. A highly recommended read.

Reader Reviews

Reader Review [Prill Boyle](#), Author of *Defying Gravity: A Celebration of Late-Blooming Women*

Hail to Queen Allyn for daring to speak the truth! As women have done for centuries, she relinquished her power as a child and spent years trying to please everyone but herself. By recounting her journey to reclaim her regal spirit and drawing upon the wisdom of others who have traveled a similar path, she ennobles us all. This richly woven tapestry of voices will inspire you to pick up your scepter, put on your crown, and become a queen in your own right.

Reader Review Dotsie Bregel, Founder of BoomerWomenSpeak.com

Do yourself a favor. Grab the queen's book and begin living the life you were called to live. Put away your mask and welcome your authentic self. You'll be grateful you did.

Reader Review Ann Leach, Co-author of [Goal Sisters: Live the Life You Want With a Little Help From Your Friends](#)

Many women dream of being Queen but Allyn Evans is one! She's a Queen of a writer, encourager and supporter. Read this book and learn from the wisdom of her Kingdom while joyously creating your own.

—Ann Leach, co-author of *Goal Sisters: Live the Life You Want With a Little Help From Your Friends*