## Podcast & Media Bio

Dr. LaNysha T. Adams (@drlanysha) is an applied linguist, leadership strategist, TEDx speaker, and award-winning author of *Me Power*. With more than 20 years of experience in education and organizational leadership, she explores how language shapes the way we think, communicate, and lead under pressure. After surviving sudden cardiac arrest and a six-day coma, Dr. Adams gained a new perspective on personal agency and the collective power behind success. Today, she challenges conventional success stories by revealing the people and contributions they leave out. Her work has reached audiences nationwide through features in *Forbes*, *Reader's Digest*, and *Fox Business*, along with appearances on *The Roland Martin Show*, KOAT-TV ABC, FOX 7 Austin, and nationally syndicated radio programs. Across her writing, speaking, and leadership work, she advances one central idea: Personal agency matters, but success is never solitary.

## Author Bio

Dr. LaNysha T. Adams (@drlanysha) is an applied linguist, leadership strategist, TEDx speaker, and award-winning author whose work examines how language shapes identity, agency, leadership, and success.

She is the author of *Me Power* (New Degree Press, 2022), an award-winning nonfiction book that has sold more than 6,100 print copies, largely through speaking engagements and institutional partnerships. The book has received more than 12 literary awards and honors, including a Gold Medal from the Axiom Business Book Awards, a Silver Award from the Nautilus Book Awards, and a Best Indie Book Award.

Dr. Adams holds a Ph.D. in Language, Literacy, and Sociocultural Studies from the University of New Mexico and an M.A. in Applied Linguistics from Columbia University. Her work and personal story have been featured by *The Roland Martin Show*, the American Heart Association, Fox Business, *Reader's Digest*, the *Washington Business Journal*, FOX 7 Austin, KOAT-TV ABC, and KSFR Santa Fe Public Radio, among other outlets.

After surviving sudden cardiac arrest and a six-day coma, Dr. Adams gained a deeply personal understanding of how individual agency depends on collective contribution. Drawing on scholarship, leadership experience, and lived experience, she challenges conventional narratives of individual achievement by revealing the relationships, systems, and often-unrecognized contributions behind success.