



**Contact Allyn Evans**

405.612.7782

405.377.2541 (home)

509.471.8335 (fax)

[allyn@queenpower.com](mailto:allyn@queenpower.com)

or

**Kelly Shafer, Publicity**

Shafer Communications

817.236.6075

[kelly@shafercommunications.com](mailto:kelly@shafercommunications.com)

## EXPANDED BIOGRAPHY

*I shall have to solve my own problems. I always get the feeling that when I solve them for myself I shall have solved them for a thousand other women. For that very reason I must come to grips with myself.*

—Etty Hillesum

**Allyn Evans** is finally a Queen! Indeed, the journey was long and trying. She struggled most of her adult life to try to make herself feel more queenly without much success. Compelled to come to “grips with herself”, the native Mississippian was inspired to dig deeper—to figure out what went wrong and why. Turning first to her childhood experiences for answers, she became more intrigued. How could someone emerging from a healthy and loving home be so lost and confused? To find answers, Evans queried others to find out if they had similar experiences or feelings? The answers confused her more. There didn’t seem to be one problem, group of symptoms or set solution. Each woman had a different story to tell—interestingly, some thrived in their environments while others suffered greatly. Eventually, she uncovered three culprits that contributed to her own pain as well as the pain of so many others.

As the story evolved, the idea to use the Queen Archetype as a “roadmap” took shape. In the Introduction to *Grab the Queen Power: Live Your Best Life* Evans writes, “I awoke in the middle of the night to a voice saying, ‘I had a dream. I wanted to be a Queen.’ Queen. Not Scarlett, the woman who was willing to fight to better her life and for her man, only to be rejected for her ambitious drive. Not Melanie, who was as good as she was beautiful, dutiful and demure. Not Cinderella, who, born as princess, sat in the ashes until a man rescued her. Queen.”

Throughout the writing of *Grab the Queen Power*, Evans continued to collect interviews and research her topic. Excerpts in the book not only reveal what she learned and experienced, but also highlights the fifty other women who shared their own stories. Evans explains, “I wrote it for myself, to ‘come to grips with myself.’ I wrote it for the women who, like me, buried their essence even while they worked the best they could for the best for others. I wrote it for our mothers and for our grandmothers. I wrote it for my daughter, and for the children to come.”

Allyn Evans lives in Stillwater, Oklahoma with her husband and daughter. Currently working on her second book, Evans takes every opportunity to speak to women. **For more information, go to [www.queenpower.com](http://www.queenpower.com).**