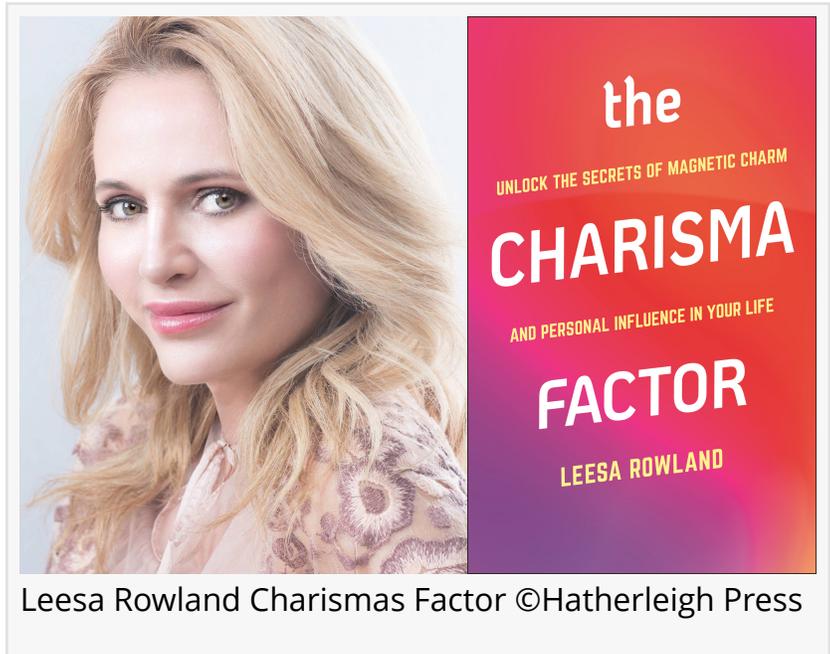


Author Leesa Rowland Offers Advice to Upgrade The Charisma Factor for 2023

The Self-Help Guide from Author Leesa Rowland is one for any 2023 Self-Improvement Reading List

NEW YORK, NY, UNITED STATES OF AMERICA, January 24, 2023

/EINPresswire.com/ -- When making those resolutions to have a improved New Year, probably one of the more often thought of is, "be a better person". To achieve this in practice one of the best ways to seek advice as to how to improve and how to relate to those around – friends, family and co-workers. So why not take time to absorb the best self-improvement read of the New Year. Relax with some great advice on how to create the best version of yourself this 2023. Embrace individuality, discover innate authenticity, and feel empowered like never before with *The Charisma Factor: Unlock the Secrets of Magnetic Charm and Personal Influence in Your Life*.



Leesa Rowland Charismas Factor ©Hatherleigh Press

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I want to help people become the best that they can be. One of the chapters is about different charismatic personalities, the traits that they have, and their magnetism”

Leesa Rowland

Actress, philanthropist and author Leesa Rowland’s book is an unseen but powerful force that has many different facets. Charisma is a special and compelling spark that makes you unique and sets you apart from the rest of the crowd, and it is something all people possess--whether they are aware of it or not.

Devoting a little time to connecting with our inner selves, learning what makes us truly special, and incorporating this magnetic quality into our personality can have untold

benefits on our lives. *The Charisma Factor* is the ultimate handbook that unlocks the mysterious formula for charm and influence. Whether you're someone who lives in the spotlight, or you're a college graduate just starting out on a career, this book will improve the way you communicate

and interact with others with useful lessons and Leesa's personal tips.

"I think it's especially important now and when we're coming out of the pandemic. I want to help people become the best that they can be. One of the chapters that's a strong chapter is about different charismatic personalities, the traits that they have, and their magnetism. It's like a behavior study really," Rowland says.

Her Hatherleigh Press publication is a well-established follow up to the best-selling self-help/motivational book *Discovering the It Factor within You: Developing Your Charismatic Personality*. The *Charisma Factor* is available now in stores nationwide and electronically.

The paperback version (\$15.95) is available at Barnes & Noble, Target, Walmart, Penguin Random House, Books A Million, Bookshop.org, Hudson Booksellers, IndieBound, Powell's and Amazon.

The eBook version (\$12.99) is also available on Amazon, Apple Books, Barnes & Noble, Books A Million, Google Play Store, Kobo.

About Leesa Rowland:

The daughter of an artist and college professor, Leesa Rowland grew up in Austin, Texas where she studied broadcast journalism and later became a classically trained actress at the world-renowned Stella Adler Studio in Los Angeles.

Beyond her extensive career and credits as a film and television actress, she is also well-known for her work as a philanthropist and animal rights activist. A vegan dedicated to healthy eating, she has been active with the national non-profit organization Last Chance for Animals since 1989 and is the president of the New York non-profit group Animal Ashram, which she founded in 2013.

As she continues to develop her work as a philanthropist and involvement with these and other charities while exploring new dramatic roles, Leesa recently began adding something else exciting to her sizzle reel: comedienne. A lifelong sitcom fan, she has been taking comedy classes with Richard Kline - the actor best known as Larry on the late-1970s classic *Three's Company* - in Los Angeles. She has also been studying improv and sketch comedy in New York at the famed Upright Citizen's Brigade whose alumni include Amy Poehler, Horatio Sands, Matt Besser, Matt Walsh and Ian McKay.

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