

SelfPowerment Book Releases Nationwide April 14—Redefining Success for High-Achieving Women in Business

A research-based book amplifying women voices and introducing a new framework to shift from proving to choosing—with clarity, confidence, and choice.

BOSTON, MA, UNITED STATES, April 14, 2026

/EINPresswire.com/ -- After more than four decades in executive leadership and over 500 hours of research with senior leaders, [Deb Smallwood](#) announces the release of her debut book, [SelfPowerment: The Inner Shift for High-Achieving Women Who Want More Than Just Success](#).

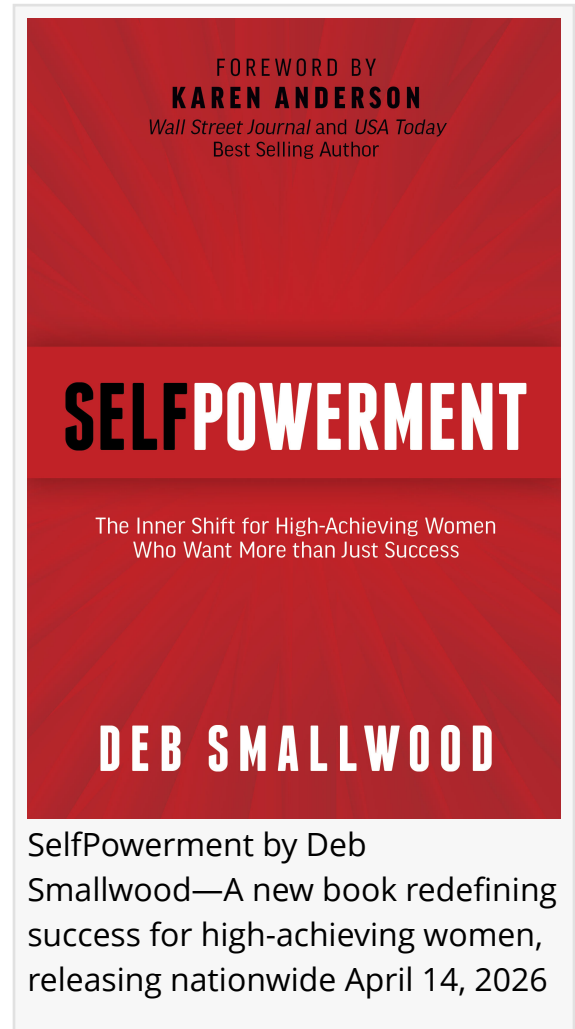
Already gaining national momentum ahead of the national release, SelfPowerment is ranking among the top Women in Business books on Barnes & Noble—signaling strong early demand and resonance across industries, and establishing Smallwood as a compelling new voice for high-achieving women in business.

A Different Conversation About Success

At a time when many women are quietly re-evaluating what success truly means, SelfPowerment offers a timely and necessary perspective—one that shifts the conversation from achievement alone to alignment.

Drawing on research with 52 senior women leaders and 10 male leaders, Smallwood reveals a pattern that often goes unspoken: the more capable women become, the more they are relied upon—yet not always given equal authority, visibility, or choice. Over time, this creates a cycle of constant proving, expanding responsibility, and quiet exhaustion.

The result is a deeply familiar experience: success without full fulfillment, leadership without full voice, and achievement without true alignment.



At the core of the book is the SelfPowerment Framework—four principles: Acknowledge Your Humanity. Awaken Your Inner Being. Accept What is. Align Your Doing. This framework guides women through an inner shift—from proving to choosing—helping them move beyond the question, “Will they choose me?” to a more powerful one: “Do I choose this?”

In doing so, SelfPowerment invites women to return to who they have always been—leading not from expectation or performance, but from a place of truth and alignment.

“SelfPowerment guides women to bring the human-being back to the doing,” said Smallwood. “The result is a new way of leading and living—with clarity, confidence, and choice.”

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Deb Smallwood

SelfPowerment isn’t about becoming someone new. It’s about returning to who you’ve always been.

Availability

SelfPowerment is available nationwide beginning April 14, 2026, through all major booksellers.

About Author

Trending #1
WOMEN IN BUSINESS
Upcoming Books on Barnes & Noble

Success was never the whole story.
SelfPowerment —The Inner Shift Begins

Preorder available now



NEW VOICE FOR WOMEN IN BUSINESS

Deb Smallwood, Author and Founder of SelfPowerment, has over a 40+ year career rising to C-Suite roles and leading transformation across organizations and industries. Her work now focuses on advancing women's leadership through alignment—helping them reconnect who they always have been with how they lead.

www.selfpowerment.com

FOR IMMEDIATE RELEASE

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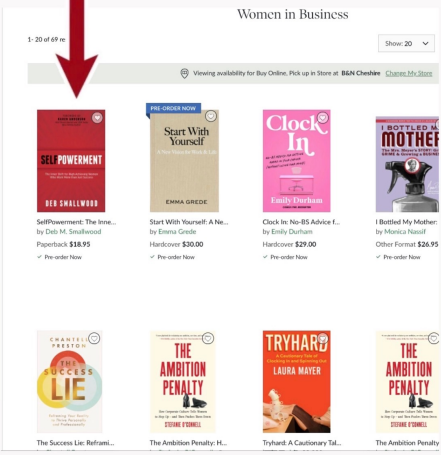
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Trending Women in Business

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