

INSPIRE ME MOMENTS

LIVING OUT LOUD WITH NO REGRETS



MEDIA KIT

A Living Memoir of Stories, Reflections
& Roadmaps for Walking in Purpose

A. HARRIS BROWN, M.Ed.

AUTHOR BIO

Short Version (Approx. 100 words):

Anthony “A. Harris” Brown is an award-winning educator, author, speaker, and media host based in Cleveland, Ohio. As the creator of the inspirational book *Inspire Me Moments: Living Out Loud with No Regrets*, he empowers readers to reflect, heal, and grow. A proud graduate of Bethune-Cookman University and a passionate advocate for HBCUs, Anthony is known for blending storytelling, leadership, and purpose into every platform he touches—from classrooms to stages to podcasts. Through his vibrant voice and transformational message, Anthony challenges others to live inspired and unapologetically.

Extended Version (Approx. 250–300 words):

Anthony “A. Harris” Brown is a dynamic educator, motivational speaker, author, and cultural curator dedicated to inspiring transformation through storytelling, equity-driven leadership, and authentic connection. Based in Cleveland, Ohio, Anthony serves in the Cleveland Metropolitan School District’s Office of Family and Community Engagement, where he leads programs that strengthen family-school partnerships and uplift student voice.

A proud alumnus of Bethune-Cookman University, Anthony has built a career advocating for Historically Black Colleges and Universities (HBCUs) and mentoring young leaders of color. He completed his graduate training at Clark Atlanta University through the New Leaders Aspiring Principals Fellowship, where he deepened his commitment to culturally responsive school leadership.

Anthony is the author of *Inspire Me Moments: Living Out Loud with No Regrets*, a motivational collection that blends personal stories, journal prompts, and affirmations to encourage growth, healing, and purpose. He is also the host of *The HBCU Man Cave* podcast and *The HBCU Alumni House Party* show, celebrating Black excellence and generational impact.

Recognized by organizations like Zeta Phi Beta Sorority, Inc., the Cleveland Cavaliers, and *Who’s Who in Black Cleveland*, Anthony continues to influence and empower through media, mentorship, and ministry. His life’s work centers on living out loud—with no regrets—and helping others do the same.

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Personal Brand Statement / Tagline

- "Living Out Loud with No Regrets."
- "Real Talk. Real Life. Real Growth."



BOOK DETAILS

Book Title:

Inspire Me Moments: Living Out Loud with No Regrets

Book Description

You're not broken—you're becoming.

Inspire Me Moments isn't just a memoir—it's a mirror, a movement, and a map. With raw honesty, spiritual depth, and empowering reflection, A. Harris Brown shares defining moments from his life—childhood wounds, identity struggles, faith-fueled healing, and the rediscovery of purpose.

Structured in three transformational parts—**Becoming**, **Breaking Through**, and **Building Beyond**—this book dares you to unpack the past, find strength in your scars, and step boldly into who you're meant to be.

Through compelling storytelling, self-reflective prompts, and soul-stirring affirmations, Brown equips you to rise from whatever tried to hold you back and step boldly into who you're becoming.

Inside you'll find:

- Real stories of trauma, triumph, fatherhood, leadership, and restoration
- Guided Final Thoughts, Inspire Me Moments, and Wellness Check-Ins
- Strategies for emotional resilience, mental health awareness, and holistic growth
- Reflections on reclaiming your voice, honoring your faith, and living on purpose
- A powerful metaphor in *The Guardian Sentinel*, representing the quiet hero rising in all of us

This book is for the dreamers. The healers. The educators. The men learning to breathe again. The women rediscovering their worth. The changemakers leading with heart. Whether you're at a crossroads or walking through the storm, this book will remind you:

- ✂ You already have everything you need.
- 💬 You are not alone.
- 🔥 The cape was never in the closet—it's always been in you.

Live out loud. With no regrets. And all heart.

Publication Information

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- **Page Count:** 300 pages
- **Trim Size:** 7 x 10 inches

Available Formats




- Paperback

Retail Price & Purchase Links

- **Retail Price:** \$21.99

Group Discounts are available exclusively through the *Inspired Conversations Brotherhood Book Tour* experience.

Purchase Links:

-  [Amazon](#)
-  [Barnes & Noble](#)
-  [Official Website](#)



CHAPTER SUMMARIES

Inspire Me Moments: Living Out Loud with No Regrets

By A. Harris Brown

How To Use This Book

Your Guide to Healing, Reflection, & Growth

Inspire Me Moments: Living Out Loud with No Regrets is more than a memoir. It's a mirror, a movement, and a map for becoming. Whether you're a student finding your voice, an educator seeking deeper purpose, or simply someone walking through your own transformation, this book was designed to walk with you—not rush you.

You don't have to start at the beginning. Flip to the chapter that speaks to your current season. Whether it's grief, purpose, addiction, fatherhood, or forgiveness. Each chapter stands on its own and invites you to go deeper at your own pace.

■ PART I: BECOMING

Theme: Identity, self-worth, and the courage to begin again.

Chapter 1: The Moment I Chose Me

Every hero's journey begins with a decision—and this one starts in silence, in self-doubt, and in the shadows. But even quiet decisions can echo for a lifetime. This chapter dares to step into the light. Through revelation and rupture, we witness the birth of a man who finally decided his life was worth living—and worth living out loud.

Subjects: Identity, self-worth, depression, silence, hope

Chapter 2: The Cost of Carrying It All

What happens when the strong one breaks? This chapter explores the emotional toll of being everyone's anchor while drowning silently. A gut-check on masculinity, vulnerability, and the quiet courage it takes to finally ask for help.

Subjects: Masculinity, anxiety, emotional exhaustion, vulnerability, resilience

Chapter 3: Healing in Real Time

Healing isn't linear—and sometimes it feels like bleeding in public. This chapter pulls you into the messy, glorious tension of transformation and reminds you that scars can become sacred roadmaps.

Subjects: Sobriety, mental health, relapse, fatherhood, identity crisis, divorce, growth

Chapter 4: My Name is Victory

At the intersection of fear and faith, identity and healing, stands a name—once whispered in uncertainty, now reclaimed in power. A story of survival, surrender, and self-naming.

Subjects: Diagnosis, health scare, family, acceptance, faith, release

🔥 PART II: BREAKING THROUGH

Theme: Healing, resilience, redefining masculinity, and spiritual growth.

Chapter 5: Rewriting the Narrative

Family isn't always safe. This chapter wrestles with legacy, loss, and reclaiming your truth. Prepare to confront generational wounds and rediscover what it means to belong.

Subjects: Family trauma, abandonment, generational wounds, rediscovery, belonging

Chapter 6: What Forgiveness Frees

Sometimes the hardest prison to escape is the one built by bitterness. This chapter shows that forgiveness isn't about the other person—it's about freeing yourself.

Subjects: Grief, forgiveness, self-liberation, emotional healing, spiritual release

Chapter 7: The Power of Brotherhood

Healing happens in community. This chapter reveals the sacred strength found in real brotherhood—where iron sharpens iron and vulnerability becomes the new measure of manhood.

Subjects: Brotherhood, connection, mental health, trust, community support

Chapter 8: Walking in Your Purpose

Purpose shows up in whispers and wandering. This chapter invites you to move—not because the path is clear, but because your calling is louder than your fear.

Subjects: Purpose, faith, divine interruption, identity, mission



PART III: BUILDING BEYOND

Theme: Purpose, legacy, leadership, and service.

Chapter 9: The Power of Giving Back

Legacy isn't just what you leave—it's what you live. This chapter centers on impact, service, and the people who reflect your transformation in motion.

Subjects: Philanthropy, leadership, impact, service, legacy in motion

Chapter 10: The Power of Reflection

Sometimes the rearview mirror reveals more than the road ahead. This is a meditation on mentorship, memory, and meaning-making.

Subjects: Mentorship, legacy, leadership, memory, gratitude

Chapter 11: Keep Walking, Keep Becoming

The cape was never the point—it was preparation. The final chapter hands the pen to the reader, daring them to continue the journey with courage, clarity, and heart.

Subjects: Becoming, endurance, courage, hope, next chapter



AUTHOR INTERVIEW SHEET

Sample Interview Questions:

1. What inspired you to write *Inspire Me Moments*, and how long did it take to bring it to life?
2. The book is divided into three parts—Becoming, Breaking Through, and Building Beyond. Why those stages?
3. What role did your faith and personal healing journey play in shaping this book?
4. How does *The Guardian Sentinel* metaphor reflect your lived experience?
5. Who do you hope this book speaks to the most?
6. What are the “Inspire Me Moments” and how can readers use them practically?
7. How has your work as a family and community engagement leader influenced the content of this book?
8. What advice do you have for others walking through trauma or transition?
9. Tell us about your *Inspired Conversations Brotherhood Book Tour*. What makes it different from traditional book events?
10. What does it mean to you to “live out loud with no regrets”?

◀ Writing Process-Focused Interview Questions

11. What was your writing routine like? Were there specific environments, habits, or times of day that helped you get into the flow?
12. Did you ever feel emotionally overwhelmed while writing certain chapters—and if so, how did you navigate through that?
13. How did you decide what to include and what to hold back? Was it difficult to be so vulnerable on the page?
14. Were there any chapters or topics that you struggled to write, either technically or emotionally? How did you work through those blocks?
15. How did your background as a speaker, educator, and storyteller shape your writing voice? Did you write with a particular audience or reader in mind?



PRAISE & ENDORSEMENTS

"Inspire Me Moments" is one of the most profound books I've had the pleasure of reading in a long time. He gets naked in his truth and then provides you with a place to share your truths. The world needed this!

Melvin White
Founder/President, Frat Dads LLC

"Inspire Me Moments" is a reminder that life isn't just about how we arrive – it's about trusting the journey, lifting others while we climb, and realizing the power to create legacy has always been within us.

Roger Gray, IV
Admissions Counselor, Tuskegee University

Anthony has written more than just a book – he's created a 101 guide on how to master adversity like a champion.

Adrena Martin
Founder, Historically Black Since

The most inspiring leaders allow their harshest tests to become the most beautiful testimony. Anthony poured his heart out in a way that will inspire, challenge, and provoke change in the heart of the readers.

Maurice F. Martin
Transformational Coach & Author
Total Harmony Leadership Solutions

"Inspire Me Moments" is more than a book – it's a testament to perseverance, purpose, and personal growth. It's a must-read for anyone ready to stop making excuses and start making moves.

Maurice Jordan
Creator, The HBCU Trivia Game

Anthony has proven to be a quintessential authority on HBCUs and his commitment to communities of color is unsurpassed. His life has been nothing but a miracle.

Robert Mason
Founder/CEO, The Common Black College Application/EDU, Inc.

"Bringing a book into the world takes immense bravery – it's a bold act of sharing your insights, your heart, and your unique perspective with the world. The stories and wisdom you've compiled in Inspire Me Moments are now poised to touch countless lives, offering inspiration and strengthening the bonds of brotherhood. This book is a testament to your dedication and vision, and it will undoubtedly serve as a beacon for many."

Bro. Samuel Dickerson
Alpha Phi Alpha Fraternity, Inc.



TESTIMONIALS

“Inspire Me Moments” met me where my grief lived, in the thick silence between pain and the possibility of release. A. Harris Brown reaches into your heart and hands you back the pieces you thought were lost.

Ms. Tyler Hughley, M. Ed.
Humanware Partner, Cleveland Metropolitan School District

A great journey, with a wonderful ending. Take the trip that this book takes you on – you will not regret the process!

Dr. Calvin Wall
**Associate Director, NC Department
of Health & Human Services**

Whether Anthony Brown knows it or not, he has always been larger than life – not in size, but in personality and influence. His journey deserves to be shared with the world.

Dr. Linda Woodard
President, LDW Group LLC

This book peels back the layers of trauma and self-doubt that many men struggle with in silence. My hope is that other men will read this book and find the courage and strength to live again.

Keith Langford
Family and Community Engagement Supervisor
Shaker Heights City School District

Reading the section, “The Times My Father Changed My Life,” made me reflect deeply on my relationship with my own father and brother. Your words ignite something powerful in my journey.

Danielle Williams
**Member, PHA-OES & National Sorority
of Phi Delta Kappa, Inc.**

I’m inspired by this movement as it has truly blessed me as I’ve dealt with many of the situations in this book. Thanks for providing a valuable resource to everyone who reads this masterpiece.

Dr. Monique Robinson
**CEO/Founder, A Better Chance for
Youth Futures Inc.**

“Listen, I had the wonderful opportunity to read a few pages of this unreleased book. When I tell you the first few pages had me emotional but drawn in... the message and the story will not only move you but will uplift you. It is definitely a book you won’t want to put down! Trust me—it’s worth getting!”

Kiana McDougale
Former Student



EVENT AVAILABILITY SHEET

Meet the Speaker

A. Harris Brown is an award-winning educator, minister, media host, and author whose journey of resilience and transformation has inspired audiences across the country. Known for blending lived experience, spiritual depth, humor, and truth, Anthony brings authenticity and insight to every platform—from classrooms and pulpits to podcasts and conference stages.

Whether he’s facilitating healing conversations, challenging communities to reimagine leadership, or guiding readers through life-changing reflection, Anthony shows up with heart, humility, and hope.

Available For:

- Podcast & Radio Interviews
- Panel Discussions & Conferences
- Book Readings & Signings
- Men’s Wellness or Empowerment Summits
- School & College Campus Programs
- Church & Faith-Based Events
- Educator & Staff Development Workshops
- Virtual Book Clubs & Healing Circles
- Fireside Chats / Keynote Talks / Q&A Sessions
- Keynote Speeches, Convocations, and Commencement Exercises

Signature Topics & Workshop Themes:

- **Living Out Loud:** The Power of Vulnerability, Voice & Vision
- **Breaking the Silence:** Mental Health & Masculinity
- **From Surviving to Serving:** Rewriting the Narrative of Resilience
- **Healing in Real Time:** What Transformation Really Looks Like
- **Faith, Identity & Purpose:** Becoming the Leader You Needed
- **The Guardian Sentinel Within:** A Framework for Black Male Empowerment
- **Fatherhood, Forgiveness & Legacy Building**
- **Storytelling as SEL:** Reflection & Healing Through the Written Word

Inspired Conversations: Brotherhood Book Tour

Real Talk. Real Life. Real Growth.

Bring *Inspire Me Moments* to your circle and create space for men to reflect, relate, and rise. Whether you're leading a men’s ministry, alumni chapter, or community group, this tour brings real conversation and personal growth right to your doorstep.

Each session includes:

- Live discussion with the author (virtual or in-person)
- Guided reflection questions and workbook prompts
- Book signing opportunities
- Custom flyer to promote your group’s session
- **Exclusive group order discount** (15+ books required, limited to official Book Tour events)

Perfect for:

- Men’s groups & ministries
- Fraternities & alumni chapters
- Barbershop or brotherhood circles
- Professional & personal development groups
- Community wellness coalitions

Learn more or request a session:

www.aharrisbrown.com/inspired-conversations

Booking & Contact

- **Email:** info@aharrisbrown.com
- **Website:** www.aharrisbrown.com/contact.html
- **Social Media:** @aharrisbrown (Instagram, Facebook, LinkedIn)

Available for in-person and virtual events. Travel requests considered.



PRESS RELEASE

FOR IMMEDIATE RELEASE

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New Memoir by A. Harris Brown Inspires Readers to Live Out Loud—with No Regrets

CLEVELAND, OH – Educator, minister, and media host A. Harris Brown releases his highly anticipated debut memoir, *Inspire Me Moments: Living Out Loud with No Regrets*, a powerful journey of self-discovery, emotional healing, and purpose-driven living. More than a book—it’s a mirror, a movement, and a map for anyone ready to step out of survival mode and into the life they were meant to live.

With raw honesty and spiritual depth, Brown shares personal stories about trauma, identity, resilience, and renewal. Structured in three parts—**Becoming**, **Breaking Through**, and **Building Beyond**—the book invites readers to reflect, heal, and grow. Each chapter includes guided reflections, affirmations, and “Inspire Me Moments” designed to promote self-awareness and holistic well-being.

“Inspire Me Moments isn’t just my story—it’s an open invitation for others to pause, process, and press forward,” says Brown. “I wrote this book in real time, through real pain and breakthrough, to remind others they’re not alone—and they’re not finished.”

The book is lovingly dedicated to Brown’s son, Anthony II—his greatest joy and daily motivation—and to the memory of his late parents, whose love and lessons continue to guide him. It also honors those who feel unseen or unheard, and pays tribute to the community that held him up during his own journey. Special thanks are extended to Brad J. Bowling, who penned the foreword and served as an editor, and to Audra Woods, a dedicated ELA educator and fellow HBCU alum, whose encouragement and editorial insight challenged Brown to write the book in the first place.

Early praise calls it “a guide for mastering adversity,” “a balm for silent struggles,” and “a must-read for anyone ready to stop making excuses and start making moves.”

In support of the book, Brown has launched the **Inspired Conversations Brotherhood Book Tour**, offering virtual and in-person experiences for men’s groups, book clubs, alumni chapters, and faith-based circles. Each event combines dialogue, wellness practices, and community connection.

Inspire Me Moments: Living Out Loud with No Regrets

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 - **Available at:** [Amazon](https://www.amazon.com) | [Barnes & Noble](https://www.barnesandnoble.com) | aharrisbrown.com
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