

Why “Hustle Harder” Doesn’t Work: New Book Calls for a Revolution in How We Define Empowerment

Backed by insights from medicine, leadership, and coaching, Dr. Stacey Kevin Frick offers a fresh blueprint for thriving beyond burnout and fear.

In a world that profits
from your insecurity,
choosing to believe in
your own power is an
act of rebellion.



***Revolution* Challenges Conventional Wisdom on Success and Guides Readers Toward Lasting Self-Confidence, Clarity, and Purpose**

Red Thread Publishing announces the nationwide release of *The Empowerment Revolution: From Self-Doubt to Self-Made* by Dr. Stacey Kevin Frick, a bold and timely nonfiction work redefining empowerment, success, and personal transformation for today's world.

Drawing on over 20 years of experience in medicine, entrepreneurship, and coaching, Dr. Frick weaves together personal narrative, professional insight, and practical strategies to create a powerful roadmap for anyone ready to move beyond burnout and self-doubt. With a foreword by motivational powerhouse Lisa Nichols, *The Empowerment Revolution* invites readers to step into clarity, confidence, and authentic purpose.

“True empowerment isn’t about hustling harder or chasing someone else’s version of success,” says Dr. Frick. “It’s about reconnecting with your own power, rewriting old stories, and choosing to live with intention.”

Already praised by thought leaders and early reviewers, including Jack Canfield, coauthor of *Chicken Soup for the Soul* and *The Success Principles™*, who called it “a much-needed masterclass of personal empowerment,” *The Empowerment Revolution* stands out as a must-read in the growing movement for authenticity, intentional living, and holistic success. This book includes a Foreword by Lisa Nichols.

About the Author

Dr. Stacey Kevin Frick is a visionary leader dedicated to fostering health, well-being, and financial empowerment. With decades of experience as a medical professional, entrepreneur, and CEO, he now empowers individuals worldwide to unlock their full potential. As an author, coach, and sought-after speaker, Dr. Frick specializes in self-confidence, emotional intelligence, and transformational growth. He is the founder of *The Empowerment Revolution* platform, a movement designed to help people create lives of joy, abundance, and impact.

The Empowerment Revolution: From Self-Doubt to Self-Made is available now wherever books are sold, including [Amazon](https://www.amazon.com).

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