

Author Erin Banta Launches SHE RISES, a Bold Blueprint for Women to Reclaim Their Power

ERIN BANTA

SHE RISES



REWIRE YOUR MIND, REMEMBER WHO THE
F*CK YOU ARE & TAKE BACK YOUR POWER

Dublin, Ireland Oct 10, 2025 ([IssueWire.com](https://www.issuewire.com)) - Author Erin Banta is making waves with her bold new release, *SHE RISES: Rewire Your Mind, Remember Who the F*ck You Are & Take Back Your Power*. More than a self-help manual, this work is a call to action for women ready to break free from self-doubt, societal expectations, and limiting beliefs. Through the integration of neuroscience, lived experience, and practical strategies, Banta provides a roadmap for women who want to step into their power unapologetically.

A Guide for Women Who Refuse to Shrink

At the heart of *SHE RISES* lies a message of reclamation. Banta challenges readers to stop waiting for permission and instead remember the power they have always carried. The book acknowledges the many ways women have been conditioned to remain small — whether in professional spaces, relationships, or within themselves — and then offers the tools to break those patterns.

Far from abstract theory, Banta's work is grounded in real stories. She writes with both grit and grace, sharing the moments of silence, compromise, and self-denial that so many women will recognize in themselves. By weaving personal experience with scientific insight, she makes empowerment not only inspiring but accessible.

Neuroscience as a Tool for Empowerment

One of the distinctive features of *SHE RISES* is its foundation in neuroscience. Banta explains how the brain's neuroplasticity — the ability to form new neural connections and release outdated ones — can be harnessed to build confidence, resilience, and self-worth. Instead of positioning empowerment as a vague concept, she roots it in the science of rewiring thought patterns and shaping new mental habits.

She illustrates how daily practices, such as mindfulness, reframing negative self-talk, and boundary-setting, can have measurable effects on the brain and, in turn, on one's sense of agency. By connecting these practices to real-life challenges, Banta provides a practical guide for women to not only survive but to thrive.

From Setbacks to Sovereignty

The book's central promise is transformation — from a life dictated by fear, shame, or other people's expectations to one defined by sovereignty. Banta reframes resilience as more than endurance. Instead, she positions setbacks as opportunities to grow stronger, to rise higher, and to reclaim the narrative of one's own life.

Her approach also emphasizes community and connection. While *SHE RISES* is written to empower the individual reader, it carries the broader vision of collective female empowerment. Banta urges women to not only claim their voices but to stand together, creating a ripple effect that extends beyond the individual into workplaces, relationships, and cultural norms.

A Movement Disguised as a Book

What distinguishes *SHE RISES* from other works in its genre is the way it reads as both deeply personal and universally urgent. It is a book, yes, but also an invitation. With clarity and conviction, Banta reminds women that power is not something to be earned or granted, but something to be remembered and lived.

Author Biography

Erin Banta is a writer, speaker, and guide for women who are finished with shrinking and done with apologizing. She does not write from a pedestal but from lived experience, having faced her own battles with self-doubt and chosen to rise. Her work blends unfiltered honesty with deep compassion, offering readers both challenge and comfort.

Through her writing, Banta inspires women to rewrite their inner stories, honor their boundaries, and embrace every part of themselves they were once told to hide. When not writing, she can be found in moments of quiet ritual — sipping tea, moving with her breath, and helping others reconnect to their mind, body, and soul.

Availability & Contact

*SHE RISES: Rewire Your Mind, Remember Who the F*ck You Are & Take Back Your Power* is now available on the official website, Amazon, and other online platforms in multiple formats: paperback, hardcover, e-Book. Follow the listed channels below to stay up to date with any exciting news and events regarding the author's literary journey:

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