

Scottsdale Author Releases New Book for Women

Written by Joanna Brathwaite

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Amanda Owen, author of *The Power of Receiving* has written a new book specifically targeted to women called *BORN TO RECEIVE: 7 Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe*. The Scottsdale author discusses the balancing act between giving and receiving and how women can use her techniques in their daily lives.



AFM: What inspired BORN TO RECEIVE: 7 Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe?

AO: After I wrote my first book [The Power of Receiving](#), I thought I had said everything I had to say about receiving. Then, in early 2012, I realized I wanted to write a book specifically for women, so that I could address the situations we deal with in daily life.

While both men and women benefit by balancing giving with receiving, women are particularly vulnerable to overgiving and overdoing at the expense of their own needs and desires. Many women feel it is selfish to ask for what they want—especially if it interferes with what other people want for them. I wrote *Born to Receive* to give women new ideas that will help them cultivate more reciprocity in their relationships, reduce stress, and create greater happiness overall.

AFM: How does your new book correlate with your previous book, *The Power of Receiving*?

AO: I had been researching and presenting workshops and classes about receiving for just over 10 years when I wrote *The Power of Receiving*. I based that book on a five-week course that taught people how to achieve their goals by strengthening their capacity to receive. In my new book, *Born to Receive*, I build on these ideas, offering numerous practical ideas, solutions, and exercises.

AFM: What made you want to become an author?

AO: I had something to say and wanted to have plenty of space in which to write about my ideas. Both of my books are about the same subject: the benefits of balancing giving with receiving.

I wanted to write *The Power of Receiving* so I could reach a larger audience and so that readers could have access to the same information that was transforming the lives of my students. I discovered that I enjoyed writing. Plus, writing one book gave me the confidence that I could write another one.

AFM: At the Talk & Signing event for your new book, did readers seem to identify well with the topics you discussed?

AO: I've discovered that whenever I talk about receiving, people are very interested. It's not a topic that gets talked about enough. Many of the people who attended my book signing at Changing Hands Bookstore had read my first book and were eager to hear about my new book. They had many questions that ranged from asking how to deal with a bully, the meaning of anonymous giving, what to do when people don't acknowledge a gift that you have given, and how to get uncooperative people to give.

AFM: Tell us a little bit about yourself.

AO: I moved to Scottsdale seven years ago from the east coast and love everything Scottsdale has to offer! I hike Pinnacle Peak, visit the art galleries, go to the farmer's market in Old Town, and spend time with friends. I also enjoy traveling, photography, and playing my guitar. I am currently working on a new book about women and safety.