Sophia A. Nelson

- Award-winning author and journalist
- Popular national opinion columnist and cable networks commentator
- Highly sought-after motivational speaker, lifestyle expert, and leadership trainer in the Fortune 500 industry and at universities
- Fortune 100 corporate leadership diversity consultant
- Former White House correspondent

SOPHIA A. NELSON is a woman on the move, with an emerging global platform that is making strides to help women redefine themselves and unlock their lives by tapping into the power within.

COMING OCTOBER 14, 2014

The Woman Code: 20 Powerful Keys to Unlock Your Life

“The Woman Code is a book for our time, based on timeless truths. Through personal anecdotes, real women’s stories, and practical wisdom, Sophia Nelson shares the ways women can know their value, live authentically, and understand that a truly successful life is shaped from the inside out.”

—ARIANNA HUFFINGTON, New York Times bestselling author of Thrive; editor in chief of The Huffington Post

The Woman Code reveals a universal and timeless set of principles that helps women unlock their personal and professional power. Nelson believes every woman lives by a Code, whether she realizes it or not. With the wisdom that comes from experience, she reveals to women how to pursue their dreams and deepest desires while taking care of their minds, bodies, and souls.

INTERVIEW TOPICS AND SEGMENT IDEAS:

- Know Your Value: The Fundamental Code That Determines Your Happiness, Success, and Joy
- Love Yourself Enough to Fight for Yourself: How to Discover the Hero in YOU
- Command Professional Power and Success: Three Professional Codes Every Woman Needs to Practice
- Women Helping Women: How Living by the Code Unlocks the Secret to Sisterhood Collaboration and Success
- Aging Is a Gift: How to Do It with Grace and Have Fun
- Women and Politics: Using the Code to Unleash Political Power and Influence

For an Interview with Sophia Nelson
Contact Robin Barnett: rbarnett@revellbooks.com or 616.676.9185 x392
Award-Winning Author, Journalist and TV Personality Calls Women to Unlock Their Inner Woman Code to Live, Love and Lead More Powerful Lives

“The Woman Code is a book for our time.”
—Arianna Huffington, Editor-in-Chief, The Huffington Post

Former White House reporter and prominent political and cultural commentator, Sophia A. Nelson, says all women live by a Code, whether they realize it or not. The Code is a woman’s guidebook to living and informs her romantic relationships, friendships, family ties, career choices and personal sense of value. She says, “It is time for us as women to start looking for what we need inside of us, instead of always looking to be validated by what or who is outside of us. When a woman isn’t living by the Code, her life is out of balance.”

In The Woman Code, Nelson draws from her personal faith and her vast experience as a corporate lobbyist, attorney, Capitol Hill Committee counsel and journalist, and offers 20 powerful “keys” to help women unlock their internal Code for living. “This book calls upon women of our time to connect cross-generationally, across racial and ethnic barriers, across socioeconomic groups and even across politics, to unlock the ‘Woman Code’ inside each of us,” Nelson says. “Together we can build better lives, a closer sisterhood, more meaningful professional achievements and a better world for us all.”

The Woman Code is broken into five sections that cover a woman’s personal, emotional, spiritual, professional and relational experiences. The Codes create a roadmap of timeless values coupled with modern-day approaches to help women face the challenges of our time, including:

- Knowing your value and worth
- Teaching people how to treat you
- Making peace with your past
- Leading from within
- Lifting other women as you climb

Nelson opens the book by connecting with women through a powerful and deeply personal introduction that lays the foundation for why she penned the book. The Woman Code, as New York Times bestselling author Arianna Huffington says, is indeed “a book for our time.”


Pre-sales of The Woman Code are available now at www.TheWomanCodeBook.com via Amazon and Barnes & Noble. This highly-anticipated book will be available at all major retailers, upon release.

ABOUT SOPHIA A. NELSON

Nelson is an American award-winning author and journalist. Her work and advice have been endorsed by top writers, journalists and businesswomen including Mika Brzezinski, Chris Jansing, Serita Jakes and Soledad O’Brien. A former Congressional Committee counsel and corporate lobbyist, Nelson left legal practice in 2008 to pursue her childhood passion to become a journalist. In 2009, she became a freelance reporter and White House correspondent for JET magazine and various other outlets.

She is now a noted TV and radio personality, as well as a highly sought-after motivational speaker and corporate leadership trainer for Fortune 500 companies, nonprofits and major universities. She contributes regularly to national media outlets. Nelson has also appeared on the BBC, NBC’s Today and World News with Diane Sawyer. She has contributed feature articles to USA Today, ESSENCE magazine, The Wall Street Journal, The New York Times and The Washington Post. Her newest work, The Woman Code, will be released in October 2014 and more information is available at www.thewomancodebook.com. Sophia makes her home in Loudoun County, Virginia.

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“The Woman Code is a book for our time, based on timeless truths. Through personal anecdotes, real women’s stories, and practical wisdom, Sophia Nelson shares the ways women can know their value, live authentically, and understand that a truly successful life is shaped from the inside out.”

—ARIANNA HUFFINGTON, New York Times bestselling author of Thrive; editor in chief of The Huffington Post

“The Woman Code is a life compass, a Code that holds to timeless principles of faith, family, friendship, and sisterhood. It is a conversation that we need to share with our daughters and the younger women we encounter. It will perhaps be a road map for mothers to direct their sons to seek virtuous women. Sophia has done a powerful job of bringing it all together in one inspiring book.”

—SERITA A. JAKES, bestselling author; director of Women’s Ministries, The Potter’s House

“Sophia Nelson may be petite in stature, but inside she stands tall and strong. Her passionate mission is to see other women empowered to be all they were created to be, and she stewards that passion well. In this book Sophia lays out 20 keys, from being stuck in time to finally flying free.”

—SHEILA WALSH, bestselling author; speaker at Women of Faith conferences

“We all encounter chapters in our lives that test us to our core. Sophia has put together a remarkable Code for living life that will enable modern women to face those tests and not just survive them but thrive despite them.”

—SHERRI SHEPHERD, cohost of ABC’s The View

“The Woman Code is more than a call to action. It provides a powerful, actionable, accessible way for any woman to rediscover the invaluable tools she already has within herself, tools that can guide any woman to the life she wants. Nelson also reminds us that a core to our Code as women is to support one another.”

—KAREN FINNEY, former deputy press secretary for First Lady Hillary Clinton; TV political analyst

“Sophia Nelson is a powerful voice for a new generation of women seeking to lead from a place within. She knows how to combine her emotional intelligence, life experience, career savvy, and wit to help women decode and unlock a purposeful life filled with success.”

—MARIA E. BRENNAN, president and CEO, Women in Cable Telecommunications
More Praise for THE WOMAN CODE

“Sophia A. Nelson is a living testament to the power of bringing women together! Her book The Woman Code takes a powerful look at the career skills and life lessons women need to thrive professionally and personally. It’s an empowering and inspirational must-read that transcends race, class, region, religion, and even politics.”
—LESLIE SANCHEZ, CNN award-winning political analyst; founder of Impacto Group, LLC; author of You’ve Come a Long Way, Maybe

“Sophia Nelson’s The Woman Code explains from a powerful and inspirational place what we pollsters know to be true: women thrive on collaboration, not confrontation. Sophia gets it.”
—KELLYANNE CONWAY, president and CEO, the polling company, inc.; author of What Women Really Want

 “[The Woman Code] is a fabulous reminder of what we may already know deep down but have sadly failed to demonstrate and manifest in our daily lives, practices, and behaviors. A powerful and enlivening book for today’s times.”
—KATHY CAPRINO, Forbes contributor; author of Breakdown, Breakthrough; founder and president of Ellia Communications, Inc.

“The Woman Code connects the complexities and uniqueness of our being as women to unlock our individual and collective treasures of the future. This is a must-read page-turner.”
—APRIL RYAN, White House correspondent for American Urban Radio Networks; author of The Presidency in Black and White (Rowman & Littlefield, February 2015)

“The Woman Code offers the truth about living a life of fulfillment while balancing the daily pressures women confront every day to be good mothers, wives, daughters, sisters, friends, and career professionals.”
—THE HONORABLE STEPHANIE RAWLINGS-BLAKE, mayor of Baltimore

“A must-read that reveals specific ways each woman can thrive in her own life and leadership while connecting profoundly with other women to speed the journey forward for all of us.”
—GLORIA FELDT, cofounder and president of Take The Lead; author of No Excuses

In Praise of BLACK WOMAN REDEFINED

“A fresh view of what it means to be black, female, and accomplished in America.”
—SOLEDAD O’BRIEN, veteran journalist

“Bold insights and no-nonsense observations.”
—CHRIS JANSING, NBC News, senior White House correspondent

“The research and insight in this book lend to a much-needed discussion.”
—MIKA BREZINSKI, cohost of MSNBC’s Morning Joe
PERSONAL CODES: #1 KNOW YOUR VALUE

It is life changing to know your value. One of the most timeless and challenging issues for women of every generation is the struggle to know our value, to know our worth, and to claim what we deserve in the workplace and in our relationships.

Knowing your value means not only knowing who you are but who you are not. I know that some of you may not feel very valuable right now, or very loved. That is okay. That is why you picked up this book. Many women look good on the outside but are badly wounded on the inside. They may seem successful, but they are hiding their hurts inside. Believe it or not, they feel valueless too. So I need you to stop thinking you are alone. You are not. Every single one of us at some point has doubted her value.

EMOTIONAL CODES: #8 AGE GRACEFULLY

Any discussion about aging begins with the word acceptance. The process of being born, living, and ultimately dying is a process of aging. The most significant thing any woman (young or old) can do to unlock the secrets of aging gracefully is to start with acceptance. You will age. Period. So take it in, make fun of it, and have fun with it. Even when life may not be going so great, if you woke up this morning, you got a second chance at doing something you missed, or something on your bucket list, or a chance to say I love you or I’m sorry one more time. Each new day brings with it an opportunity to begin again. It’s a fresh start every 24 hours.

SPIRITUAL CODES: #10 APOLOGIZE QUICKLY

The ability to apologize is a key virtue that, if learned early in life and practiced faithfully, will bless your life and lengthen your days. It will build your family. It will nourish your children. It will comfort your spouse. It will create safe havens for your relationships. It will protect and honor your friendships. And it will heal, defuse conflicts, and cover people in ways untold.

PROFESSIONAL CODES: #16 LIFT OTHER WOMEN AS YOU CLIMB

Life isn’t all about you and your success. Or mine. It is about the success of all women. I want to challenge women to make a way for women of the next generation to succeed beyond our wildest dreams. To be a “sister” is to be a friend. To be loyal. Tried-and-true. It is to give a smile, lend a hand, and practice friendship. It is to be forgiving. Being a “sister” means you value other women as you value yourself.

RELATIONAL CODES #19 HAVE COURAGEOUS CONVERSATIONS

For some reason, we have stopped asking the hard questions. We simply do not want to “talk” anymore. The fact of the matter is this: you will never be able to have a successful relationship of any kind without equally successful authentic and open conversation. Tragically, we’ve replaced conversation with excessive, abrupt, often-abrasive communication via text, email, or social media. We all know how to communicate (or so we think) with our gadgets, but we have lost the art of private, peaceful, and passionate conversation in our marriages, with our friends, in our families, in the church, and in our careers. Truth be told, ladies, we have become a sisterhood of cowards when it comes to one-on-one conversations and what I call “courageous conversations.”