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Interview with Leesa Rowland, author of Discovering the It Factor within You

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Actress Leesa Rowland

Leesa Rowland

Leesa Rowland, self-help, memoir author, actress and animal advocate answers 7 questions about the inspiration behind her writing and she discusses her passion for helping people discover and develop their inherent charisma and personal and authentic uniqueness.

YV: What inspired you to write the book?

LR: I want to share my story and inspire others who are either starting out on their journey or are ready to make a change in their life for the better. We all have the “It Factor” within us and it is up to us to navigate through our lives, develop that charisma, and share it with the world.

YV: How does this book benefit individuals?

LR: This book brings to light the intricate details of how you can transcend through the negative aspects of life and become a more positive and enlightened individual. Many people are still caught up living in and dissecting the pain of their past. This book shows how you can transcend through that past to reach your ultimate potential.

YV: Are you born with a charismatic personality or can you develop it?

LR: Everyone is born with a charismatic personality although it is something that must be discovered through self-reflection and developed through positivity, hard work and care. It is true that this comes easier for some people than others. However, we can all attain it.

YV: How did you discover your inner talents?

LR: I began taking acting lessons in high school and performed in school plays and community theater. I consistently received great reviews and was encouraged to pursue acting further. I then went to Los Angeles to study acting at the Stella Adler Studios. I had developed a passion for it. I continue to hone and develop my craft presently.

YV: How is charisma and spirituality related?

LR: Charisma is deeply rooted in our spirituality. We must connect to a power higher than us. The grace we develop from this creates the gleaming charisma we radiate towards others.

YV: Do you have to be born beautiful to be charismatic?

LR: Although many charismatic people are outwardly beautiful or handsome, a person does not have to be physically attractive to be charismatic. True charisma comes from within.

YV: How long did it take to do the research, write the book, and have it published?

LR: I spent more than five years researching, writing and formatting the book.

YV: Where can we purchase your book?

LR: To purchase my new release Discovering the It Factor within You one can either go online to [Amazon](#) or Barnes & Noble, go to my website, or just Google the [books'](#) name, [Discovering the It Factor within You](#).

A portion of the proceeds of each book will be donated to the New York animal welfare nonprofit, Animal Ashram.non-profit organization.



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