

Anne van Gessel



Anne van Gessel is a published author of children's books and non-fiction books which focus on empowering people with dyslexia into living a more authentic life full of purpose, holistic wellness, and joy. Anne has been a guest speaker for the podcast 'The Spiritual Awakener' and frequently shares her wisdom on blog [Authentically Anne](#)



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"Struggling with reading and writing sounds like a fault; like something that constitutes failure."

But sounds can be deceiving things. Dyslexia and all of its challenges is not a curse but can be a blessing."

-ANNE VAN GESSEL



THE SECRET TO SUCCESS AND JOY EVEN IF YOU HAVE DYSLEXIA

Exploring the connection between dyslexia and mental health and how to overcome that

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Seattle, Washington USA

We are inundated with studies and tools to help young children with dyslexia succeed in the educational system, but what about the adults?

It has been estimated that over 15% of Americans have dyslexia and yet there is very little discussion of what it is really like for an adult to experience it and still have success in their educational and vocational lives. Many books have been devoted to the successes of people with dyslexia and have drawn attention to the apparent ‘superpowers’ associated with the difficulty. But that is not the path that van Gessel’s book takes.

In her memoir, “My Friend Dyslexia.” Anne van Gessel reveals what it is like to experience dyslexia as an adult, and the daily struggle involved in meeting what seems like impossible expectations placed on her by educators, employers and others who just don’t know any better.

Anne does not only recall how her formal diagnosis of dyslexia changed her from a fairly well-adjusted individual to a confused, shame-filled young adult who had little belief in her worth or ability to succeed; but also draws attention to how she was able to bring herself out of her depressive spell and re-frame her misconceptions on her dyslexia.

Unlike other memoirs on dyslexia that are currently available on the market, Anne’s book gives practical advice and tools for her adult readers

Realizing that there must be others like her, struggling with dyslexia in the corporate, and educational spheres, Anne provides *practical* tools and strategies for her readers to overcome the mundane challenges that others may not even know they suffer through.

Anne's unique work shows that dyslexia is a real problem that needs to be studied further so that additional supports can be adapted for adults.

Further Reading

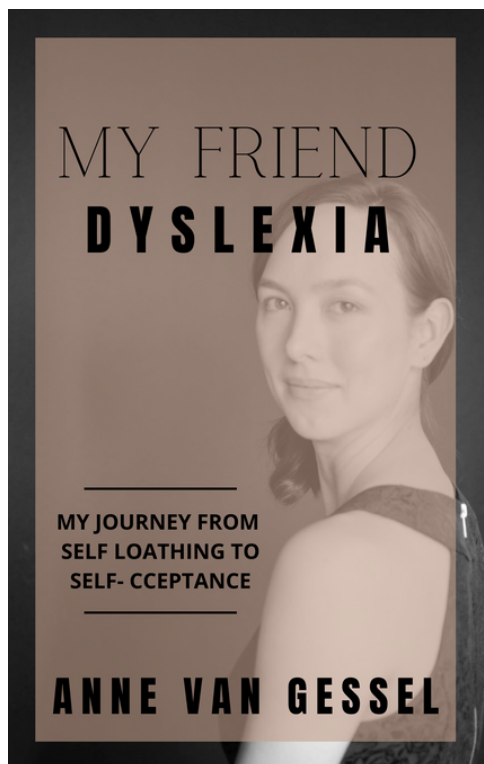
For more information on how dyslexia is currently affecting Americans, please visit the following reputable website: <https://www.dyslexia-reading-well.com/dyslexia-statistics.html>

Meet Anne

Anne is an author, blog writer, and certified Life Coach. Anne's mission is to help others recognize the highest expression of themselves, break negative patterns, defy stagnation and share in universal self-awareness. Her work empowers people to live an authentic life with a sense of purpose, wellness and joy.

She is most well known for her coaching blog series, Authentically Anne, which boasts over 100 followers in its first season. She is also the author of children's picture book: [Cruz Finds His Way](#). Learn more at: www.annevangessel.com or follow her @Annevangessel

"My Friend Dyslexia"



A special message written for 15% of the population who are currently struggling with managing dyslexia and finding an acceptable and successful version of themselves. Author, blog writer, and professional life coach, Anne gives us a glimpse into her journey that took her from self-loathing to self-acceptance. Anne sheds light on the depression and anxiety that often is paired with learning disabilities such as dyslexia and offers a fresh and personal perspective of how we can find peace, acceptance of our weaknesses, and even success despite our culture's negative social stigmas, labels, and seemingly unattainable expectations.

Purchasing Details

Available at Amazon, Barnes and Noble, Indie Bound & Itasca Books

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MY FRIEND **DYSLEXIA**

MY JOURNEY FROM
SELF LOATHING TO
SELF- CCEPTANCE

ANNE VAN GESSEL

"This book dives into the loneliness of neurodiversity and finding the path to understanding and accepting yourself for how your differences give you strength.."



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example questions

Anne van Gessel



1. I imagine that writing a book that gives such a genuine and real account of your struggle with dyslexia was hard. Can you tell me about that journey?

Yes, there are a lot of my personal experiences and thoughts in this book, which of course, were difficult to be open about. But as I began writing I found that the process was actually very freeing for me. In my book I talk a lot about the process of finding self-acceptance, but actually, the process of writing about self-acceptance has helped me to sustain and renew my own self-acceptance. Does that make sense?

2. You mention the words 'self-acceptance' a lot in your book, a complex term that can have different meanings for different people. What is your meaning?

My definition of "self-acceptance" is embracing the person you are. It is the ability to take a good look at yourself, and not look away or hide your perceived flaws. It is about feeling grounded; that no matter what happens, you have a feeling of peace that you can come back to. That peace comes from this knowledge of knowing yourself and trusting that you are enough, just the way you are. In a nutshell, it's a mix of confidence and humility.

3. If this book was a present, who would the card be made out to?

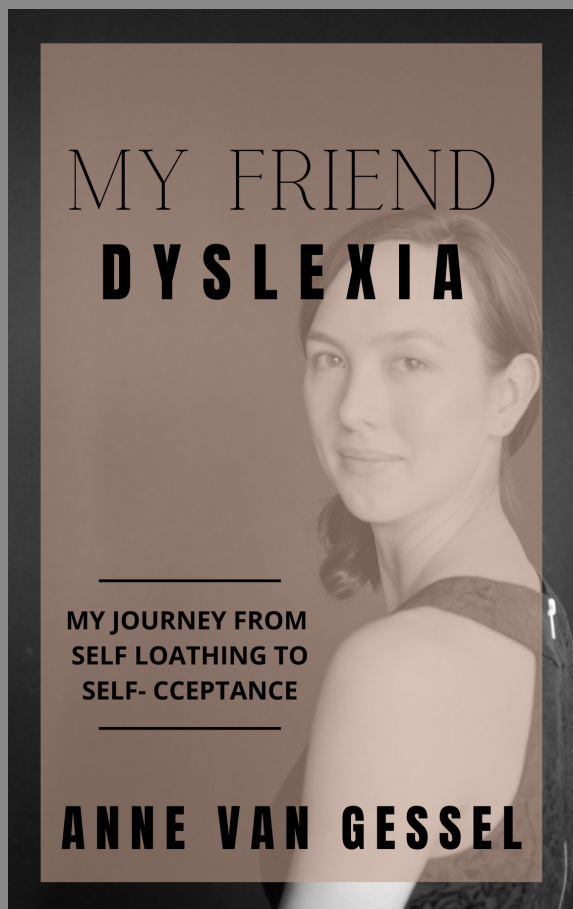
I would make the card out to anyone who has struggled with or is currently struggling with their dyslexia diagnosis (or any other type of learning disability).

4. When did you first call yourself a writer? What made you want to write?

I enjoyed writing, doodling, poem-writing and making bullet point lists (they were "phrases" back then) as a child. I love allowing my imagination to run free, the freedom to be creative and let the pen flow. I find sometimes I express myself better while writing than speaking. I think it's more recently that I am considering myself a writer (Year 2021).

5. Can you tell me why you wrote this book in particular? I imagine there were many ways that you could have written about your experiences with dyslexia.

My aspiration for this book was to further what I see as one of my purposes in life: to bring more equity into the world. Equity is the idea that everyone can succeed, and one person's success doesn't take away from someone else's. I believe that when one person doesn't get the one thing they are wanting, it's just a matter of realignment. It's about the best fit, the highest good for all, and not what we think is "right" for the moment.



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6. As a person who has dyslexia, have you ever been told that you would never write a book?

I haven't been told that before. However, what I have been told as an older kid/ young adult is how crappy my writing is. Perhaps that's similar to being told that I would never write a book?

7. What would you say was the most challenging part of actually writing the book? What kept you on track in your writing process?

Creating length and depth. My neurally diverse mind wants to summarize the high-level points and move on to the next point, and then connect the dots of all the high-level points to make a grand picture. Getting into the details and recalling past stories was a challenge. I started my book with roughly twenty pages, and my editor was able to expand that through brainstorming and asking questions.

What kept me on course was a combination of my vision, the aspiration of my book, the message I am wanting to deliver, my magical editor, Lyndsay. From the beginning, I knew that I would deeply regret not finishing my book. I realize I have been playing it safe for most of my life. I have feared upsetting people and hurting peoples' feelings- which caused me to stay unheard and unseen. However, given the magnitude of impact, I want to make, being invisible and quiet no longer serves me or anyone else for that matter. I am thankful to the Universe for guiding me and to my Editor, Lyndsay for all her wisdom and dedication to my projects!

8. What books would you recommend on the topic of dyslexia and or neural diversity?

I would love to speak, train and coach more on empowering people to be their authentic self. Everyone has different strengths. We just need to figure out what they are. Everyone has a different definition of success, and to reach that success requires different skills.

9. What is next for you? Do you have any other writing projects on the go?

Right now, my furry companion, Pascal is teaching me many life lessons. I may be writing a book of what I've learned through my experiences with him. I also would like to write for the corporate audience, as there are some structures and systems in place, which I can see are not serving the highest good for all.