

# Episode 88

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## SPEAKERS

Carissa Andrews, Amanda Rose



Carissa Andrews 00:12

I'm Carissa Andrews, international best selling indie author and CEO of author revolution. With more than 15 books published, it's safe to say I have made a ton of mistakes in my endeavor to become a full time author. The most important thing that I've learned in the past decade is that indie authors need to protect their creativity and their serenity. Being an author is a long game. And that's why I'm on a mission to teach other indies just like you how to publish books because the sustainable rapid release method, I created the author revolution podcast to give you insights and actionable step by step strategies to help you do just that. If you're an ambitious author, or one of the making, who's looking to create a long term author, career and a life you love, you found your tribe, my friend, let's get your author revolution underway. Hey, there writerly friend. Welcome back to another episode of the author revolution podcast. So for those of you who have been following the podcast lately, you already know that I've been diving back into mindset a bit. Now part of the reason for this is to help you gather the tools you need in order to build a sustainable and profitable prolific author career. But if I'm honest, part of it really is a refresher course for me as well. Now I like to talk about topics that are actively impacting my life, either as an author or an entrepreneur, because typically, if I'm thinking about it or struggling with it, I know some of you are as well. So that's why today I wanted to bring on someone who has inspired me in terms of abundance, mindset, and living my best life, and someone who has walked the path that I've walked as an author as well. Amanda rose is a fellow author. She's also an entrepreneur, and she's doing a lot of work very similar to what I'm doing. We originally met a number of years ago when she was

promoting her fire fury saga series, and I was over there promoting the Domus Chronicles. Now, obviously, we've grown a lot since those times because we're not doing and focusing just on young adult science fiction, we are doing more things and we've expanded beyond that. But not only does Amanda still right, she is also the CEO of the infinite power of you Incorporated, and co founder of the no BS business Company Limited. She is a business wealth and mindset coach, motivational speaker course creator, and someone I am super happy to call a friend. She's also been featured on numerous sites from Yahoo Finance, and CBS, two brains magazine, and so many more seriously, there are too many to even list. So right now, I am happy to say that Amanda Rose is on the author revolution podcast today to talk with us about growth and money mindset so that we can get our ducks in a row and really make 2021 a fantastic year. So without further ado, let's get started. Well, thank you, Amanda, so much for being here on the author revolution Podcast. I am thrilled that you're joining us today. And I've filled in my audience a little bit about how we met and how we know each other and all that good fun stuff. But can you tell my audience a little bit more about who you are and what you do?



Amanda Rose 03:43

Yeah, so I am Amanda rose, everybody and I am the founder and CEO of the infinite power of you Inc, I'm a business wealth and mindset coach, I am a third Time 13 Time publish author multi genres I love to write it is so much fun. I also do motivational speaking acting, and I am an avid course creator, I just I love to create.



Carissa Andrews 04:10

And I found that to be one of the things where because you and I have been in in the same circles for a long time. And I think you were coming out with the Was it the fire fury saga right around the same time that I was finishing up the pandemic Chronicles and so we were kind of that's how we started chatting with each other was way back then. And I remember seeing you like kind of expand into this course creation stuff as I was doing it as well, but on a much smaller scale. At first, and it was one of those things where I'm like, Oh, she's doing some really cool stuff when it comes to mindset stuff because that at the time for me was just really fascinating. I've always I've always loved that sort of thing too. But obviously you have to so where did that aspect of it come in for you? Like how did how did you get wrapped up in mindset and abundance? Stuff manifesting all that good fun stuff.



Amanda Rose 04:59

Yeah, you It's interesting because there's there's two specific times in my life where it kind of popped in. So I grew up in a very spiritual household. So like, even when I was like two, three years old, it was like, let's meditate and crystals and aroma therapy and homeopathy, and do all these interesting different alternative, like medicines and energy work. And so he's really like, very aware of these types of things. Growing up, it was just like a very natural part of my life. And then as I got into being a teenager and early adulthood, it was kind of like, you know, career and focus and real world and, you know, kind of like, got out of that being more of a like day to day thing. It was something that was always like a spiritual connection for me, but I was just not into the practicing so much anymore. And I went through a whole bunch of crazy jobs, because I graduated into the 2008 recession. So it was like, a really weird time to get into the job market. Um, yeah, I know, I like I did door to door sales, and I did retail, and then we ended up, I ended up getting into doing these live in store sales presentation. I'm sure a lot of people probably remember those old like ginzu knife commercials where they cut through the can. So I worked for that company. And we did like, knives and mops and different things like that. So we had like, these 30 minute monologues to memorize a lot of the presentations, we sell this stuff in stores. And that was really fun until this big management shift thing happened. And then it really stopped. And so I was like, I'm tired of working for other people. This is not aligned with who I am, like, screw this. And so I quit. And I didn't really know what I was gonna do at the time. I ended up joining an MLM, even though I didn't even know what network marketing was back then. I just knew that I loved the company. Nice, nice. I'm just like, okay, whatever. This is a new interesting thing. And I get to be at home. Like, that was my reaction like, Hey, I'm Ryan before, like, I was like, I'm gonna be a millionaire in a year. And I made like, 600 bucks my first year, but you



Carissa Andrews 06:57

know? Yes.



Amanda Rose 07:01

Yeah. So it was, it was it was one of those experiences, which is as much as it was slow going, I was very determined to see it succeed. And, and so my husband at the time, he, when I started, he was part time. And then he started working full time. So I was able to just keep at it and keep learning and keep growing. I'll be at my motivation was was there but there were things where I was shrinking back. And that was because I wasn't doing the mindset work at the time. So one day in 2016, my husband comes home, and I'm on a call like this, and he passes me this piece of paper, and I'm like, sorry, I just I need to read this right now, for some reason. really awkward. I opened it up Nick Clegg, basically like he's

been fired. And I was like, so I need to go now. Oh, no.



Carissa Andrews 07:51

No, wait until after you get off the call. This was like,



Amanda Rose 07:55

really awkward. And I was like, Okay, I was just, I was so awkward to you. So I was like, it was like, oh, like, so it was it was kind of like this weird moment. And at the time, my network marketing business was making kind of like 800 to 1000 a month. So like, I couldn't afford our mortgage and car payments, and feed us and do all those things on that. And I knew very clearly in that moment, I have two options. It was like, learn how to file for bankruptcy or do the damn mindset work and figure out your money. Shit, like,



Carissa Andrews 08:25

right, right? Or maybe both at the same time? I'm not quite sure.



Amanda Rose 08:31

Yeah, it was it was definitely like a deer in the headlights moment. And so and so I was like, Okay, I'm hearing you universe, I get it. I'm going to get over myself and stop being too cool for school. And I'm going to get back into this. So I got some books like you are a badass at making money and secrets of the Millionaire Mind thinking grow rich and some of those classics and also some of the new ones. And I definitely have to say Secrets of the Millionaire Mind was the biggest one for me because it incorporated the elements of the mindset as well as the practical which really helped my brain get on board with the concepts. Not to say the rest of them weren't amazing, but I definitely am a big, big fan of T harv. eker.



Carissa Andrews 09:13

Nice, nice. Okay, that's fantastic.



Amanda Rose 09:14

Yeah, so we kind of dove into that and I really got going with it. And it was a grueling six

months of like, not really seeing results. And there were some some things that were weird that happened right away was my energy shifted, like, for the first time ever, people came to me asking me about stuff instead of me having to chase people down. And I was like, This is weird and interesting and new.



Carissa Andrews 09:36

And cool. I like it.



Amanda Rose 09:40

Like it was it was very interesting. And then and so about it was about six months after that, where we we manifested over six figures and it was just like, holy shit, like our lives changed. We sold our house we moved. And then I was like, I felt the possibilities were endless. And I also felt like okay, I need to tell people about law. attraction and manifestation and mindset and the power of this and, and the fact that the the strategy is really important, but without the mindset, it will only get you so far because that was my experience. And so I got into teaching that and then I, the fire fury freedom, which was the first book I wrote when I was 16. I was like, I'm gonna finally publish this sucker. I'm not waiting anymore. But it was also my baby, because I wrote it like, and it was like this big thing for me. So my course that I originally did on law of attraction, I'm like, I'm just gonna try a new book. And it'll be my practice run book. And that became manifesting on purpose. And it's my best selling book today.



Carissa Andrews 10:38

That I love that so much. weird how it does that, like, all of a sudden, you know, you put it out there thinking it's gonna be one thing, and then it just kind of transforms and does its own thing. Like, finally, you did this thing. And I needed it to be this obviously.



Amanda Rose 10:55

Yeah, I was really interesting. So I mean, it was been quite a quite a journey, through it all. And I think that's the big thing in life is that it's never like this straight line of what you think it's gonna be. It's just this roller coaster ride, and you learn what you need to learn, that's going to take you to the next step. And it all make sense looking backwards. But looking forwards, it's just like this big



Carissa Andrews 11:15

cloud of uncertainty, for sure. And I think that's really interesting. Because your, your journey is very similar to mine in the sense of like, wanting to write the books and being very called to the creation part of the books. But then also feeling like, you have this other side where it's like, you need to tell people about it. It's like, you've got to, you got to get that information out there so that people understand it in a way that really makes sense to them. And it's like it, I don't know, if you if you've had this, but for me, it's like I go very, I'm almost bipolar with it. Like, sometimes I'm like, No, you know, what I really need to focus on my writing I write is where my passion is, I love it. I love it so much. And I'll do all the writing, I get it all done. And it's so exciting. And then all of a sudden, it's like here, this is really cool idea of where you could like, you know, so and so to come on the podcast, or you know, hey, maybe you should upgrade this one thing on the course that you just created. No, but I said I was done with that for right now. I'm going to work on this thing. And then No, you really have to come back over here. And then it's like, I feel like I'm constantly teetering back and forth between the two. I don't do you ever feel like that?



Amanda Rose 12:17

Yeah, I and I think that's I think that's life as well, because I think we get bored of this too much of the same thing. And I try to for me, I try to balance things out. Because even in the writing process, I love it. But I noticed my brain kind of goes through it after a while like where it's like, I know what the next thing is that that I need to write. But I just don't want to write it right now. I'm tired. Give me a break, like your brains done for the day. So for me, I know the biggest thing is I have to be consistent with the writing. Like if I commit to writing a book, I write every single day until it's done. But I only do like a commitment of 30 minutes a day. So I can do that no matter how busy I am. Or no matter what's going on. Or even if it's Christmas, like I can sit down and go I need 30 minutes. I mean, 30 minutes to write the day like, but if I take a break, then you know one day turns into several days turns into week turns into what the hell did I write before? And then?



Carissa Andrews 13:12

Like there was a book and I think I think I wrote it. I was writing it. Okay. Yeah.



Amanda Rose 13:18

It's funny, and I'm sure you I'm sure you've heard this too, where you'll have readers and they think you have memorized everything that you've written. And it's like, no, like, think of every book that you've ever read. Like, you will remember bits and pieces. And the

same thing when you write something.



Carissa Andrews 13:35

Absolutely



Amanda Rose 13:37

don't remember all of it. And I really do think in many ways, we're quite a conduit for stories coming through from the universe. Like it's, it's a co creation process, but it's just as much as an experience of understanding and uncovering the stories you write it is it is creating it like it's just it's, it's it's not like this holy like, I remember every single little thing like I don't think fans sometimes know more about the books than we do.



Carissa Andrews 14:04

Because they're more person with it. Yeah. Yeah. When they read it in a quicker fashion, you know, they're reading the 30 chapters or whatever, in the course of six hours in a single day versus you writing this thing over the course of you know, three months, six months, whatever, and you're like, wow, do we remember that? Yeah, I totally get it.



Amanda Rose 14:25

It's one of those things where you're like, I'm on a panel I hope they ask me questions I know about my own work. Yeah.



Carissa Andrews 14:34

Oh, man. Oh, goodness. Well, I'm glad it's not just me, because that makes me feel a lot better. I'm like so when it when it came to course creation for you and kind of getting like when you were starting that whole process you obviously you were writing as well and you're doing like you said multi genre writing stuff. Did you feel like you needed to stick within a certain genre or were you just really drawn to the idea of mindset work and teaching people the mindset work first.



Amanda Rose 15:02

Mmm, that's such an interesting question. I think I think at the time, it was so fresh in such

a powerful personal transformation that I wanted to get that out there. It's kind of like the like, this is it like, Wow, this is so exciting. But I never thought that that was going to be the only thing because I think as human beings, sometimes we're like, what's my one singular purpose. And I don't think there's a singular purpose for most of us. Like there could be an overriding theme and a mission in our lives, but there's different ways and different conduits to make that happen. So I knew for me that like that was going to be one of them. And then, of course, I started getting the books out. And then people were like, asking me questions about how do you get books out? And I'm like, Okay, I'm gonna create a workshop that's got the whole process of getting the book out. So that yeah, that just was this evolution of that into their business elements. And it's just allowed me to explore a lot of different facets that I find are really exciting and interesting, and that I also feel are kind of missing out there that, you know, yes, there's other trainings on these things. But we all bring a different angle, a different perspective to to the space so that people can see things and digest them in different ways. I mean, there's a million books out there on manifestation, but we're going to take something different from each one of them. Absolutely. Well, I



Carissa Andrews 16:17

think it's that whole concept of the knowledge spiral to where it's like you, you learn something, but you're always going to learn it deeper, you're always coming back around into that same message, you learn in just on that little bit different level. And you can learn that through multiple people. It doesn't have to be just one guru that you go to. And you're like, yeah, that is the guru. This is my photo. And it's actually, you know, there's lots of gurus and it's, you need to learn it a few times. And hear it like you said, from different angles, and I like that a lot. That's one of the things that you do really well. I'm in the the masterclass series that you you've put out you have this masterclass series, and I'm loving. I've watched one already, it was the very first one that's in your list the mindset one, and then I'm like I was telling you, before we started recording, I am doing your six figure, what is that one called six figure job. How to build a six figure cash generating business. Yes, that one that was really fascinating. I'm loving that one so much right now. And I mean, right now for whatever reason. So earlier in the year, for me, it was all about finding balance. Again, it was like I felt very pulled to kind of disengage from the push pull that I was kind of in for myself. And try to find that balance again. And now that I feel more balanced. It's it's kind of coming back around to mindset and money mindset and clearing away a lot of the old blockages and trying to get back into that place of really owning my own beliefs and owning my own power, I guess. But being able to impact others and help them understand that I think we do really block ourselves from the kind of success that we want to see. And I see this over and over with some of the authors that I work with. And some of the authors that are you know, either in my literary writers Alliance group, or



people that just come into the courses or whatever, where they really, you know, they should be successful, they should be more successful than they are, but for some reason, they're not. And so it's like, well, what is the thing that's happening here, because you're doing all the right steps, you're doing all the right things. So we can dig deeper is kind of what I think when it when that happens. And so I don't know if you ever thought that same thing, or that was your epiphany at that point. But you see that it is in what you're doing as well.



Amanda Rose 18:29

And I do see it and I see it in every field. I don't think it's specific to like authors or artists but it is prevalent in the art community because you're you're always told as an artist, you know, what's your day job going to be like there's there's a lot of crapping on being an artist, the real societal entrepreneurs were Don't let your days make it, blah, blah, blah. And because we aren't how much we like push forward, and we're like, I'm going for it anyways, that gets lodged into the subconscious mind. And that becomes a fear. And I know that people say it out of their goodness of their heart, like your parents or your friends or whatever they're trying, you're trying to warn you. I mean, you want to go to them and be like, you think I really didn't already think that like it's like one of those things where you're like, thanks. I just needed that extra layer of fears mirrored on there, but



Carissa Andrews 19:16

yeah, right. But I didn't actually think that maybe it wouldn't work. No, I wasn't thinking that at all.



Amanda Rose 19:25

It's just the reality. So I think that is something that we all have to work through. It's also doing something that's you know, it's not the beaten path that everybody's you know, told the lockdown, you know, go to school, get a good job, and you stay there till retirement, which doesn't even exist anymore. Anyways, I don't know why we're still promoting that because it's not weird. But anyways, it is what it is. So yeah, I definitely see that a lot. And I noticed when I joined a lot of these author groups on on Facebook and social media platforms, how many of them were like these very like you're talking The mindset was just like, you know, oh, I published my book. And it's been out for three months and then sold like two copies. And it's like, Okay, what, okay, but that's okay. And it's okay to be upset about that, because it's a learning experience. But if you're doing self publishing, for example, which is what most authors are doing nowadays, because it's a great way to just

get yourself out there have to learn the marketing strategies, you have to learn how to connect, you got to you got to understand that you got to be your own PR agent, or you can hire one of you if you're in a position to do so. But Oh, for sure.



Carissa Andrews 20:31

I agree with you on that, for sure. And I think the opposite is also true. I don't know, if you're in the 20 bucks to 50k group that was really like my introduction back in 20, probably 16, maybe maybe earlier than that to the idea or concept of rapid releasing. And I remember thinking at that time, oh, my God, how are people even like, capable of such a thing. But the more I've tried to fit into that, that worldview of rapid releasing in that particular manner, the more I realized that it's, it's such a, I don't know how to use the word patriarchal, just to throw it out there. But it really does feel patriarchal, to be like, you have to, like, constantly be working and writing and doing the next thing and constantly, it's like, there's this mentality of non stop work. And I think once I started trying to accomplish that, for myself, mindset wise, it was like, No, this is not gonna work. This is not a sustainable system. And so we need to, we need to come up with that, again, balance, like how do you find balance so that you can still rapid release, you can still get your backlist up, you can still be out there and putting yourself out there without going nuts. You know what I mean?



Amanda Rose 21:40

You know, and I think that I think that is where we can get creative and find different cuz I agree with you, um, even just like, you know, the the November like, you don't write a book in a month. I'm, like, that sounds so exhausting. Why would I try to do that?



Carissa Andrews 21:58

So do you work with a lot of authors? If they're trying to get over their mindset stuff? Or you do work with what what kind of areas do you work with? When people are coming to you looking for help, or guidance or mindset stuff? I mean, anything that you do, because you'd like you said, You have courses on being able to learn how to publish as well. So do you have a lot of different people coming to,



Amanda Rose 22:21

I do find like, over the overall types of people I work with are generally entrepreneurs, although a lot of them do want to get a book out in their, in their field as a way of building

credibility and brand authority and that type of thing, or just, it's been a lifelong passion to want to incorporate that element. So we do a lot with authors, then we do go through the process, I love to teach people the idea of like, how to do it yourself. But I also understand that some people are like, I don't want to do it all.



Carissa Andrews 22:52

Right, I get a lot of yoga,



Amanda Rose 22:54

it's a lot to learn, it really is all of the different processes. So I mean, my husband and I also work on helping people like after they've got their draft together through the editing and formatting and my husband, he does graphic designs, and he'll do book cover design for for them and some of these different things that can help them get out there. Plus, we've built quite a substantial audience at this point. So we help them with their marketing strategies, and let them know like these are some of the avenues to pursue. If you want to do paid advertising. Here's the platform's we recommend that typically convert well, and we're going to walk them through those processes, which is, which is really exciting. But I do typically, more often than not, I work with entrepreneurs in, in building in the online space so that they can really bring their dreams to life, whether whether that is through a book or a course, or coaching or product development, any of that stuff I love. I just never thought I'd say this, but I love this.



Carissa Andrews 23:47

I think it's so amazing what you're doing and love to watch the different because you do so many really cool masterminds and I'm like, this woman is constantly doing so much cool stuff out there. I just love it. And I wish I had more time because I want to be able to see it, which is why I joined that mastermind subscription at for you because I was like oh yes. Now can actually watch these things. Well, for people who are interested in doing mindset work and kind of digging into the stuff that you are putting out there into the universe, because I think it's amazing. How do they go about finding you and finding your books or finding what you're into and how to get involved with your courses or your masterminds?



Amanda Rose 24:25

So the best place to find me is Facebook, because I basically just live on Facebook, my

favorite platform.



Carissa Andrews 24:31

Nice, nice. Yeah.



Amanda Rose 24:33

I mean, if you look up at Amanda rose author, I'll give you the link so people can click because typings overrated. Yep, yeah. And everything's on my website, which is easily found on my social media page as well. So we'll we'll make sure that everybody's got all that connectivity, clickable connectivity.



Carissa Andrews 24:56

Awesome. That'll be perfect because then I can add that all to show notes as well. So if anybody's looking for it, they can head over and grab it from there as well. Thank you so much for being on the other revolution podcast. Amanda, I'm so glad that you said yes. And you were able to come here and talk to my audience a little bit about what you do and how many cool things that you are involved in. Because I think what you do is so beneficial. And I think it would help a lot of the people who listen to this podcast when it comes to getting kind of unstuck in the area where they're at right now. And in kind of, you know, I think a lot of authors have this concept of they want to be, you know, the next JK Rowling, but they don't quite know how to go from being like, unheard unseen to being that next level. And sometimes they don't realize it, it's about mindset, and it's about continuing that process forward. It's not going to happen for most of us, at least overnight. It's a process of like continuing to work on it, and continuing to grow. And so I think your messages and what you put out into the world are so beneficial. So thank you so much for joining us. No, thank you. I was so fun to be here. This was awesome. I have to do it again. Absolutely. I agree. Isn't Amanda absolutely incredible. Not only is she the sweetest, but she is driven, successful and totally down to earth about all of it. Over the years. She's definitely inspired me and made me rethink the way I go about certain things. I've joined in on many of her masterminds, and I'm even excited to say that later this year, Amanda and I are going to be collaborating on something super cool. It might be a workshop, it might be a mastermind, so stay tuned for more details. Now, as always, if you'd like to download today's transcripts, or get links to Amanda's website, just head over to [authorrevolution.org](http://authorrevolution.org) forward slash 88. One final announcement. If you're ready to take your author career to the next level, I want to remind you that you are invited to join me inside of rapid release roadmap, my signature online course that teaches you how to plan, write,

publish and promote four books a year by learning how to embrace the prolific author mindset and steer your author career toward more royalties and greater success in your investing in yourself and your bright future as an indie author, all you have to do is head over to [rapid release roadmap.com](https://rapidrelease.com) and enroll today to get started. I am with you every step of the way. Now go forth and start your author revolution.