

FOR IMMEDIATE RELEASE

From *Last Chance U* star Brittany Wagner, Comes an Empowering Book to Overcome Obstacles and Make Every Day Count

“*Next Chance You* is a book chock-full of helpful tips and strategies to help you reach your goals! Brittany and I grew up together in small town Mississippi, and even back then she was learning ways to empower herself and achieve her goals. This book takes her expertise and makes it understandable for people of all ages!” —LANCE BASS, pop icon

Birmingham, AL, September 7, 2021 — In the hit Netflix docuseries *Last Chance U*, athletic academic counselor Brittany Wagner helped student-athletes move beyond personal failure to find success and prepare themselves for life beyond the gridiron. We all face disappointments and setbacks, but with each and every sunrise we are offered the option to change our fortunes. No one wakes up wanting to be a failure and no one is operating truly on their last chance. Next chances await those willing to put in the time and effort to rewrite their own stories and to reap the rewards of life. The ability to reframe each day as an opportunity to start fresh is key.

In her new book, *Next Chance You*, Wagner offers a roadmap to move forward from where readers currently are in life. INSERT QUOTE FROM BRITTANY

Using practical strategies and empowering examples from her own life and those she has counseled, Wagner will show readers how to build positive daily habits, overcome obstacles, and develop a growth mindset. Included at the end of most chapters are Sharpen Up! activities to allow readers the opportunity to self-reflect and apply ideas from each chapter.

For everyone from college students to CEOs, Wagner’s inspirational messages will help motivate readers to step away from excuses and fearlessly pursue their goals, whether that is finding a new job, leaving a relationship, or simply having more compassion for ourselves and others.

ABOUT THE AUTHOR:

BRITTANY WAGNER is the breakout star of the hit Netflix docuseries *Last Chance U*, which followed the top-ranked junior college football team at East Mississippi Community College, where Brittany served as athletic academic counselor. After leaving

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EMCC, Brittany founded Ten Thousand Pencils (10KP), a consulting company focused on providing solutions-based programs to professionals at corporations and higher education institutions, and the Last Chance Foundation, a nonprofit that focuses on meeting the social and emotional needs of low-income students, while also addressing academic needs.

Brittany lives in Birmingham, Alabama. Visit her website at brittanywagner.com.

Next Chance You

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Reviews, photos, links to previous interviews and Q&As are available upon request.