

BECOMING AN UNSTOPPABLE WOMAN

JUNE 2026

DR. TAMEA RYAN

Licensed Clinical Social
Worker | Founder of The Lived
Experiences | Author | Coach

THE POWER
OF BOLD
Growth

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BECOMING AN UNSTOPPABLE WOMAN



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LETTER FROM THE EDITORS

Dear Readers,

June has always been a month that celebrates strength, wellbeing, and growth, making it the perfect time to spotlight women who are stepping into bigger versions of themselves with confidence and purpose.

In this edition of *Becoming An Unstoppable Woman Magazine*, we explore the theme *Elevated Woman: The Power of Bold Growth*, a celebration of women who are choosing expansion over limitation and action over hesitation. Growth rarely happens by accident. It requires courage, self-awareness, and a willingness to embrace opportunities that stretch us beyond what feels comfortable. The women featured in these pages understand that becoming unstoppable is not about perfection. It is about continuously evolving into the leader, visionary, and changemaker you are meant to become.

Our cover feature, Dr. Tamea Ryan, embodies this message beautifully. As a Licensed Clinical Social Worker, Author, Coach, and Founder of *The Lived Experiences*, she has dedicated her work to helping individuals understand the stories they carry and the impact those stories have on the lives they create. Through her writing, coaching, podcast, and educational programs, she empowers people to move beyond old narratives and step fully into who they are becoming.

Throughout this issue, you will meet women who are building businesses, leading communities, creating movements, and embracing their next chapter with intention. Their journeys remind us that bold growth is not reserved for a select few. It is available to every woman willing to trust herself enough to take the next step.

We hope these stories inspire you to think bigger, lead boldly, and continue becoming the woman your future is calling you to be.

Adriana Luna, Hanna Olivas
Editors of *BAUW Magazine*

UNSHACKLED:

HOW AGNIESZKA PEARL DER TURNED SURVIVAL INTO LIBERATION

By **She Rises Studios Editorial Team**

For much of her life, Agnieszka Pearl Der believed strength meant enduring everything silently.

She believed strong women kept going no matter how exhausted they felt. They carried everyone else's burdens. They survived heartbreak, disappointment, motherhood, loneliness, and impossible expectations without asking for help. They smiled through pain and kept functioning because there was no other option.

And for years, that is exactly what Agnieszka did.

As a Polish-born immigrant building a new life in America, she navigated divorce, single motherhood, emotional burnout, and the invisible weight of constantly having to prove herself. She became someone others could rely on, even while privately falling apart. Like many women conditioned to equate sacrifice with worthiness, she learned how to survive by disconnecting from her own needs.

But survival has a breaking point.

For Agnieszka, that moment arrived during an ordinary workday. She was sitting at her desk printing checks while her boss watched over Zoom, completing a task she had done countless times before. Then suddenly, her body stopped cooperating.

Her hands froze.
Her brain shut down.

A paper jam became the moment everything cracked open.

Looking back now, Agnieszka understands that it was never really about the printer. It was about years of emotional exhaustion finally catching up to her. It was about performing survival so convincingly that even she had forgotten she deserved more than simply getting through the day.

"That breakdown was the first honest thing I had done in years," she reflects.

In that moment, her body refused to continue pretending.

What followed was not an overnight transformation or a perfectly curated healing journey. It was messy, painful, emotional, and deeply human. But it also became the beginning of liberation.



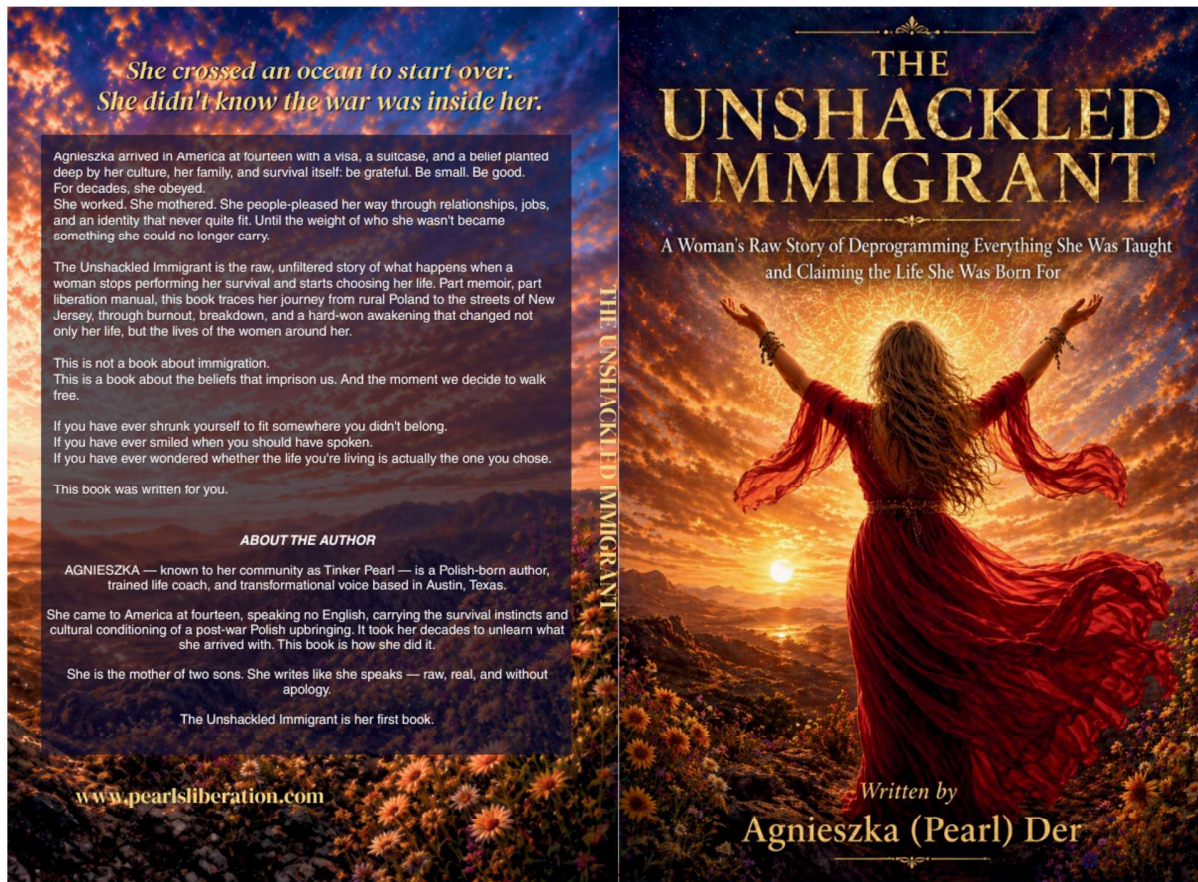
Instead of waiting for life to somehow become easier, Agnieszka made the decision to consciously rebuild her life around truth, emotional freedom, and self-leadership.

Today, from her home in Austin, Agnieszka has become a powerful voice for women navigating reinvention, healing, and identity. Through her platform, Pearl's Liberation, and her book *The Unshackled Immigrant*, she speaks openly about the realities many women are afraid to admit out loud: burnout, trauma, abuse, loneliness, nervous system exhaustion, and the emotional cost of constantly abandoning yourself to keep others comfortable.

What makes Agnieszka's message resonate so deeply is her honesty.

She does not speak from a pedestal. She speaks from lived experience.

For years, she confused self-sacrifice with strength. She believed staying silent kept the peace.



She believed carrying everything alone proved her value. But one of the most painful moments in her journey came when she finally gathered the courage to ask for help and discovered that some of the people who had promised support disappeared when she needed them most.

That silence hurt more than she expected.

Not because she was weak, but because it confirmed the fears she had quietly carried for years. Fears that she was too much. Too emotional. Too difficult to love. Too broken to fully support.

But over time, Agnieszka realized something life changing.

The people who walked away were never truly holding her together.

She had been carrying herself all along.

That realization transformed the way she viewed resilience. Real strength, she says now, is not about endlessly enduring pain. It is about having the courage to choose yourself without guilt.

In a world obsessed with hustle culture and constant productivity, Agnieszka's definition of becoming "unstoppable" feels refreshingly human.

To her, being unstoppable does not mean having everything figured out.

It means crying in your car and still showing up afterward. It means saying no without explaining yourself for the next twenty minutes.

It means choosing a better future for your children even when your bank account tells you to play small.

It means investing in yourself while fear screams at you to wait.

Pearl speaks openly about having been hospitalized twice and about rebuilding her life more times than she can count. Yet she refuses to see those chapters as evidence of failure. Instead, she views them as proof that healing is not linear and strength is not always pretty.

Sometimes strength looks like getting out of bed. Sometimes it looks like resting. Sometimes it looks like finally telling the truth.

That radical honesty became the heartbeat of Pearl's Liberation, the movement she created to help women reconnect with themselves after years of living in survival mode. By speaking openly about rape, abuse, divorce, emotional collapse, and rebuilding from nothing, Pearl has created space for women to feel seen in the parts of themselves they were taught to hide.

And while telling the truth cost her relationships, it also gave her something she spent years searching for: herself.

She no longer sees her story as something shameful. She sees it as a bridge.



Because the moment one woman tells the truth about her pain, another woman realizes she is not alone.

As an immigrant, Agnieszka's story also carries a deeper message about reinvention and identity. She understands what it means to start over while carrying pieces of multiple worlds inside you. She understands the loneliness of rebuilding your life from scratch while trying to hold onto who you are becoming.

That is why her message to women navigating transition is so powerful.

You do not need permission to begin again.
You do not need to have every answer before taking the next step.

You do not need to become fearless before choosing yourself.

Pearl came to America with an accent, a dream, and no roadmap. Life knocked her down repeatedly. But somewhere beneath the exhaustion and heartbreak, something inside her refused to believe survival was all life had to offer.

That same possibility, she believes, exists in every woman.

And perhaps that is what makes Agnieszka Pearl Der so compelling. She is not selling perfection. She is reminding women that healing begins the moment they stop pretending they are fine and finally allow themselves to become fully, honestly human.



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She Believed She Could, So She Did is a powerful anthology featuring women who chose courage over doubt and belief over fear. Through honest and inspiring stories, each woman shares the defining moments that pushed her to trust herself, rise through challenges, and keep moving forward despite uncertainty. These are not stories of perfection, but experiences that reveal the strength, resilience, and growth that come from believing in yourself even before life reflects it back to you. The book highlights the power of self-worth, courage, and perseverance through every chapter. This anthology reminds readers that one decision to believe in yourself can change everything.

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COURAGE TO RISE

Agnieszka Pearl Der is helping women break free from survival mode and step into a life of confidence, healing, and self-liberation. Through her platform, Pearl's Liberation, and her inspiring book *The Unshackled Immigrant*, she shares a powerful message of resilience, reminding women that their past does not define their future. Drawing from her own journey of overcoming adversity, burnout, and personal transformation, Agnieszka empowers others to release limiting beliefs, embrace their truth, and rediscover their strength. Her work serves as a beacon of hope for women ready to stop merely enduring life and start creating it on their own terms.

