

# Rejecting self-indulgence, author advises 'Rise Above'

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Most of us have bad days, personal tragedies or other issues that can hold us back.

But to raise money for charity, a local woman has written a book to help others "Rise Above," as the work is titled.

Mary Anne Brown, formerly Mary Anne Ripp, said most of the book is just common sense, the lessons she learned from her parents, in fact.

"I credit my upbringing for a lot of it," said Brown, who uses the pen name Mary Anne.

"My parents were blunt," she said, adding that mom and dad Jerry and Tonie Ripp would have no time for any fits their children might throw.

"My dad would always say to me, 'You think too much,' " the Waunakee High School graduate said.

"Rise Above: Down-to-earth thinking from Wisconsin" contains 55 short chapters, each meant to inspire readers to improve their lives.

"I wanted to help people on a mass level," Brown said. "Some people walking around look so miserable. I'm putting it all out there as bluntly as I can."

Brown said she herself was stuck, unable to finish a picture book she had started when she began "Rise Above."

"I was wondering why that project was not moving for-



**MARY ANNE BROWN**

ward," she said about the picture book.

So during those evenings of insomnia, another book began to take shape.

"I couldn't sleep. I would get up and write, and the words would just flow," she said.

Those words were the sentences and phrases for "Rise Above."

Then Brown realized she had 400 pages, and some editing and rearranging was in order. She now plans a second book that will go more in depth with some of the more difficult issues.

Asked what readers may need to rise above from, Brown said, "anything that keeps you from being the unique person that you're supposed to be."

That varies from person to person, she said. It could be past events, self-inflicted barriers,

or other people.

"Everyone has something bogging them down," Brown added.

For Brown, who works as a technical project manager setting up online pay sites, writing the book is a way to help others.

The single mother will donate every dollar from each book her publishing company, "Annie Press," sells to charity.

Her goal is to raise \$1 million for charity, and she has already raised \$200 since the book was published in September.

Now other businesses and community organizations are getting involved.

A book signing is set at Quaker Steak and Lube in Middleton from 5-8 p.m. Nov. 8, and that restaurant will also donate a percent of the proceeds to charity. Brown will raise funds for Safe Harbor Child Advocacy Center that evening.

Brown is hoping people will consider the book for Christmas presents, noting that it includes something for everyone. Even her own son, who read the book at 13, said he was sucked in, she said.

The book is not recommended for readers under 13.

"Rise Above" is available at local retailers and can be ordered online. Go to the website, [AnniePress.com](http://AnniePress.com) for information.