

# Author Biography

*Adesola Orimalade*



## About the Author

Anthologist Adesola Orimalade was born in Nigeria and relocated to the UK some years ago. He had a successful career in banking, before moving into Corporate Treasury.

A published author and avid writer, Adesola enjoys writing for children and young adults.

## Book Synopsis

*Lessons Life Has Taught Me is a collection of stories and experiences from different parts of the globe exploring life's complexities - its highs and lows.*

*Each of the eighteen contributors shares their golden thread stories as they head down a path of deep reflection, to inspire others and start conversations on taking control of the present and looking forward to a brighter future.*

*The contributors are: Adesola Orimalade, Fatima Alimohamed, Kevin Tong, Aysha Iqbal, Lara Rogers, Idowu Adebayo Thompson, Adaeze Oreh, Junjuan He, Nina Bressler, Amelia Samai-Nicome, Shervonne Johnson, Susana Ecclestone, Natasha Preville, Minal Srivastava, Natalie Heilling, Geri Maroney, Christopher Weguelin, and Gabrielle Botelho.*





## ADVANCE INFORMATION SHEET

From Book Brilliance Publishing  
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### Lessons Life Has Taught Me

*Stories that inspire change and forge new paths*

By Adesola Orimalade

*Lessons Life Has Taught Me* is a collection of stories and experiences from different parts of the globe exploring life's complexities – its highs and lows.

Each of the eighteen contributors shares their golden thread stories as they head down a path of deep reflection, to inspire others and start conversations on taking control of the present and looking forward to a brighter future.

#### About the Author

Anthologist Adesola Orimalade was born in Nigeria and relocated to the UK some years ago. He had a successful career in banking, before moving into Corporate Treasury.

A published author and avid writer, Adesola enjoys writing for children and young adults, including *Grandpa's Shoes* (Book Brilliance Publishing 2021).

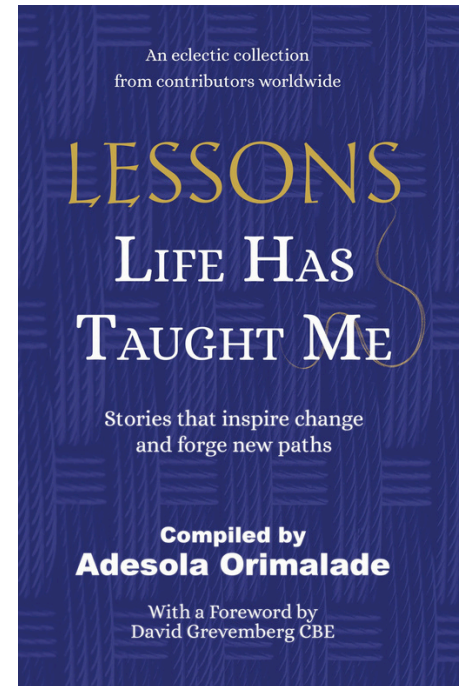
#### Key Sales Points

- The contributors come from all over the world, from the United Kingdom to Hong Kong, from the Bahamas to India, and from Nigeria to the United States. The contributors work in all areas of business, but share lessons learnt in both their working and personal lives.
- Over 100 people were approached to take part in the project, with anthologist Adesola hand-selecting each and every one of the final contributors, to ensure the quality and depth of the stories shared.
- The book features a Foreword by David Grevemberg CBE, International Sports Executive and Global Humanitarian. A bio is provided for each contributor, as well as social media handles for readers who wish to get in touch.

*"Fascinating stories of adaptation and resilience.  
A window into our complex, rich world. ... Rewarding reading."*

Ian Gregory Strachan

Associate Professor of English at The College of The Bahamas;  
Playwright; Poet; Novelist



**Lessons Life Has Taught Me**

By Adesola Orimalade

**ISBN:** 978-1-913770-56-3

**Price:** £13.99

**Publication Date:** 23rd March 2023

**Format:** Paperback

**Size:** 216 x 140 x 12 mm

216 pages

#### Category:

Non-fiction; memoir; true stories; anthology; culture; business

*Available from Gardners, and on Amazon, online, in all good bookshops and direct from the publisher.*



## PRESS RELEASE – for immediate release

### Lessons Unite in Turbulent Times



One black man's vision to unite individuals worldwide through the age-old art of storytelling hits the bookshelves when the world is going through turbulent times.

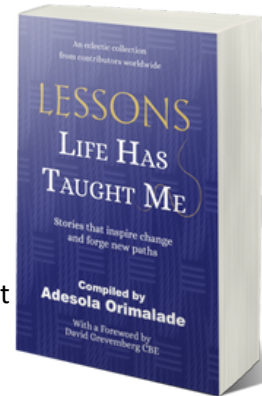
Lessons unite **Diversity, Inclusion and Equality (DIE)** to build a more united and inclusive society as the world continues to shrink through travel, war and globalisation.

Concerned anthologist and author Adesola Orimalade was born in Nigeria and relocated to the UK some years ago, and now lives in Brentwood, Essex. He had a successful career in banking, before moving into Corporate Treasury.

No stranger to adversity, rejection and red tape, Adesola believes new paths are presented when you believe you have a bigger purpose in life. Having learnt many lessons in his lifetime, he knows that the learning is essential to greater success and happiness, which people chase throughout their lives.

Over 100 people were approached to **share lessons learnt** in both their working and personal lives in the new book, *Lessons Life Has Taught Me*, with Adesola hand-selecting each and every one of the final contributors, to ensure the quality and depth of the stories shared.

The eighteen contributors share their golden thread stories as they explore a path of deep reflection, to inspire others and start conversations on taking control of the present and looking forward to a brighter future.



In a shrinking world, Diversity and Inclusion is a hot topic. Adesola addresses this topic successfully by including contributors, who work in many areas of business, from all over the world. **Covering five continents**, the United Kingdom to Hong Kong, the Bahamas to India, and Nigeria to the United States, the book demonstrates Diversity and Inclusion and action.

Adesola says, "As the years have gone by, I realise that we need to slow down and **LISTEN.**" Adesola believes that stories inspire change and forge new paths.

#### Notes:

- *Lessons Life Has Taught Me* by Adesola Orimalade, published by Book Brilliance Publishing, 23rd March 2023, ISBN 978-1-913770-56-3, £13.99.
- Adesola is available for interview: [solaorimalade@yahoo.com](mailto:solaorimalade@yahoo.com)
- High-res images of the cover and the author are available from the publisher: [admin@bookbrilliancepublishing.com](mailto:admin@bookbrilliancepublishing.com)  
The book features a Foreword by David Grevemberg CBE, International Sports Executive and Global Humanitarian.
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