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**ADVOCACY MADE EASY:**  
**How to Turn Civic Frustration Into Powerful Action**  
*by Cynthia Changyit Levin*

**ST. LOUIS, MO (October 29, 2025)**—In her new book, *Advocacy Made Easy* (Publish Your Purpose, 2025, ISBN 979-8-88797-206-0), renowned advocacy expert, speaker, and lobbyist Cynthia Changyit Levin delivers a clear, practical handbook designed to demystify the advocacy process for everyone. The book is available for sale on October 29, 2025.

A purposeful follow-up to her debut, “From Changing Diapers to Changing the World: Why Moms Make Great Advocates and How to Get Started,” this new resource offers a convenient, step-by-step guide to making your voice heard in the halls of power—no political experience required.

Drawing on decades as a non-partisan activist, Levin simplifies advocacy into seven easy-to-follow actions. From mastering basic methods of communicating with elected officials to leading highly influential lobby meetings, every chapter gives readers tools to make an impact. With her friendly and accessible tone, Levin shares valuable tips on building effective relationships with members of Congress and creating meaningful change through strategic communication and community partnerships. Real-life stories bring her methods to life, making this guide as motivating as it is informative.

Throughout the book she shares a sense of urgency, encouraging readers to take first steps or next steps in activism immediately.

“Can I guarantee that if you engage in advocacy, your elected officials will listen to you and change their minds? No. But there is a 100 percent chance you won’t change anything if you only vent your frustrations with your friends behind closed doors.”

“Now is the right time to act because this is the moment when you’re on the earth. It’s the only time we get to make the world better.”

Levin wants everyone to know they can engage, be heard, and help shape the future. With her guidance, advocacy becomes not only possible—but powerfully effective.



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## **About Cynthia Changyit Levin**

Levin is the author of "From Changing Diapers to Changing the World: Why Moms Make Great Activists and How to Get Started," released in 2022. A non-partisan activist working across a variety of issues, Levin coaches volunteers of all ages to build productive relationships with members of Congress. She advocated side-by-side with her two children from their toddler to teen years and crafted a new approach to advocacy based upon her strengths as a mother.

Levin served as a board member of RESULTS/RESULTS Educational Fund and led volunteer groups for RESULTS in Chicago and St. Louis. She is currently a volunteer with RESULTS, the ONE Campaign, Bread for the World, CARE Action, Moms Demand Action for Gun Sense in America, MomsRising, and the UN Foundation's Shot@Life Campaign. She currently sits on the board of CARE Action.

Her published opinion pieces have appeared in The New York Times, The Financial Times, the Washington Post, and many other national and regional publications. She received the 2021 Cameron Duncan Media Award from RESULTS Educational Fund for her citizen journalism on poverty issues.

## **About Publish Your Purpose**

As an LGBTQ+ and women-owned B Corporation™, the mission of Publish Your Purpose is to elevate the voices often excluded from traditional publishing. We intentionally seek out authors and storytellers with diverse backgrounds, life experiences, and unique perspectives to publish books that will make an impact in the world.

For more information about Publish Your Purpose, visit <https://www.publishyourpurpose.com>

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