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The Duchess Guide

long may you reign!

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Friday Featured Friend of Duchess

Bonjour!

Well I have a double dose of exciting things for you today. The first is that it's Friday. And that means featured friend of Duchess day! I love learning more about these fabulous women I'm featuring and most have become fast friends and respected business peers. The second is that the Duchess Digest has gone front page. So if you want to read my front page featured article called "Sex and the City of Angels," check out www.singlemindedwomen.com

Now - today's featured lady is nothing short of miraculous. I remember meeting Aneesah and hearing her talk about LionessLA. It sounded great. Then I went to one of her events as a club in Beverly Hills and just about died. Talk about having your shit together! This woman brings her A-game every time and the game with LionessLA is wired tight! It was the most amazingly planned, organized and fun event I'd been to in Los Angeles. Great vibe, fabulous music and tons of fun people. She's not just a great business woman,

Friday Featured Friend of Duchess
4:26 am, April 17, 2009

Finding a Voice
4:27 am, April 16, 2009

Getting in touch with you Inner
Asshole
4:18 am, April 15, 2009

Tuesday Morning, please be gone
I'm tired of you . . .
4:25 am, April 14, 2009

There goes Peter Cottontail
4:11 am, April 13, 2009

Friday's Featured Duchess
4:33 am, April 10, 2009

Duchess Digest Day!
4:27 am, April 9, 2009

In Gratitude

she also happens to be a caring, loving and funny as hell person. She has a heart of gold, could carry her own stand-up show and does the most amazing work. Enough of my blabbing, let's pass the mic over to Aneesah to hear more . . .


**Aneesah Williams of
LionessLA**

*"My love for music equates to my love for helping people
– and I can't live without music."*


This is the fuel that drives Aneesah Williams' passion and dedication to LionessLA and its mission. A graduate of the University of Southern California's Thornton School of Music, Aneesah earned her Bachelors of Science in Music Industry. She also studied ethnomusicology at UCLA and double majored in music & business while attending UC Santa Cruz. Aneesah has not only turned her love for quality music and entertainment into a career but also a way of life.

Having worked and interned for legendary companies including Universal Music & Video Distribution, Interscope Records, Nettwerk Management, MCA PR, and Disney, Aneesah works to build a solid reputation for herself and LionessLA in the entertainment industry. She is also a consultant for the Beverly Hills Star Factory, and holds a position on the Board of Advisors. Working closely with

4:52 am, April 8, 2009

 [Oh what a Night!](#)


4:06 am, April 6, 2009


 [Friday's Featured Duchess . . .](#)


[EVENT!](#)

4:47 am, April 3, 2009

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youth in Los Angeles County, and volunteering for phenomenal organizations like the Breast Cancer Society and Aids Project Los Angeles, Aneesah has nurtured her fervor for giving back from a young age. Her enthusiasm for philanthropy is invested into the core of LionessLA as she daily builds alliances with other phenomenal businesses and organizations.

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LionessLA, is a marketing and production firm with an emphasis on exclusive nightlife experiences and special events. Established in 2006, the Lioness mission seeks to expose clients to the finest in music, art, cuisines, venues, and products. Co-founders Shaden Tavakoli (DJ Lady Sha) & Aneesah Williams engrave the LionessLA signature universally with an impeccable taste for quality and progressive entertainment. By continuously building strategic alliances with sponsors, press, & charitable organizations, LionessLA innovates the forefront of global nightlife & social philanthropy. In 2009, LionessLA will broaden its reach and begin producing corporate and privately funded events. LionessLA has hosted variety of events over the last 3 years, including Nightscape & Sun Kissed (Summer Nightlife Series), the Grand Opening of Dakota Lounge, and Vibrate at LAX Nightclub. LLA has also supported the efforts of charitable organizations like Next Aid, RAINN (Rape, Abuse, Incest, National Network), Aids Project Los Angeles, and the Downtown Women's Center in Los Angeles. Evian, Glaceau, Coca-Cola, Covet, Whole Foods Market Arroyo Parkway, Apartment 3, and

Kiss My Face are just a few of Lioness LA's corporate supporters and affiliates.

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www.lionessla.com

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Finding a Voice

Bonjour!

Tuesday night I attended a class at the UCLA campus through a great women's organization. It was an overview on the process of writing your book proposal, query letter for agents and the basic steps for getting your book picked up by a publishing company. It's a lot of work, but I always know I'm on the right path when the work ahead is exciting. Coming soon to bookstores near you . . . my lovely bit of Duchess Lit!

Writing has made me realize that the more I can let my true voice come through, the better it is for everything I write. Hence yesterday's post, because writing and being really honest can make you aware of some pretty crappy stuff you've done and some real gray areas you've operated from - or at least that is true for me. It's tough to be brutally honest and say, yep, I did these things. Things that were always "nevers" when you were young and were justified when you were doing them. It's a little uncomfortable to come clean.