

Larry Edward White Jr. Releases New Book *for Change*, a Memoir-Driven Guide to Self-Understanding Through Clarity, Science, and Appalachian Wisdom

Author Larry Edward White Jr. has released *for Change*, a deeply personal yet universally relevant book that invites readers to examine their own lives through the lens of evolutionary psychology, Big History, and Appalachian plainspeak.

For Change is not a conventional memoir. Structured as a guided exploration across four parts, the book walks readers through the forces that quietly shape human identity: geography, family, culture, trauma, and deep time. White uses his own life as the case study, offering an honest account of coal country roots, federal disaster service with FEMA, professional reinvention, and personal loss, not to tell a story of triumph, but to demonstrate that self-understanding is available to anyone willing to look honestly at their own patterns.

The book moves from early Appalachian formation through crisis and collapse, arriving at a framework White calls the Clarity Framework, a structured approach to seeing one's life as an interconnected system rather than a series of disconnected events.

"My life is the example. Your life is the lesson," White writes in the prologue, setting the tone for a book that is as much a tool as it is a narrative.

About the Author

Larry Edward White Jr. was born in Summersville, West Virginia, where the Appalachian Mountains and storms shaped his earliest lessons in resilience. The first in his family to attend college, he earned degrees in Psychology, Management Information Systems, and Leadership. His career spans coal country, higher education, and national service, including work as a GIS specialist with FEMA, where he earned both regional and national Certificates of Appreciation. Known as a "clarity engineer," Larry has dedicated his life to turning complexity into plainspoken tools that help people see clearly and act wisely.

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