



PRESS KIT · 2026

Human, Still

Strengthening Your Mind for an AI-Shaped Future

A book by M. Analise Kandasammy

Human-Centred Futurist · Risk Strategist · Author

M. Analise Kandasammy

HUMAN STILL
Human Still
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Human, Still

**Strengthening Your Mind
for an AI-Shaped Future**

“Know yourself. Navigate everything.”

For review copies, interviews, and speaking inquiries — see Contact & Links.



YOUR ATTENTION IS
*the most hunted
commodity on Earth.*



Press Kit Overview



— ELEVATOR PITCH

Human, Still hands knowledge workers, business owners and creatives a practical, neuroscience-backed framework for protecting their focus, sharpening their judgment, and using AI as an amplifier of clarity, not a replacement for it. Instead of competing with the machines, readers learn to out-human them.

— WHY THIS BOOK IS TIMELY AND DIFFERENT

Most AI books sell fear or sell hype. *Human, Still* does neither. Written by a corporate risk strategist turned human-centred futurist, it treats the anxiety knowledge workers feel about AI as useful information, not a personal failing, and offers a grounded, practical response: strengthen the one thing no algorithm can copy — your own mind. Drawing on neuroscience, psychology, and more than a decade managing institutional risk in one of the world's least "AI-ready" regions, M. Analise Kandasammy offers a framework built for people, not for productivity theatre.

— WHY THIS BOOK MATTERS NOW

- ◆ Professionals are adapting to AI faster than most workplaces can support them, practically or emotionally.
- ◆ The self-awareness segment is the fastest-growing category in the global personal development market — exactly where this book sits.
- ◆ It gives a name and a framework, "**Uncrackable Clarity**," to something many knowledge workers feel but can't yet articulate.
- ◆ The author's Caribbean, corporate-risk perspective is a genuinely distinctive voice in a field dominated by Silicon Valley optimism.
- ◆ It replaces AI hype and AI fear with something rarer: a practical, credible middle path.

Book Overview



— BACK-COVER DESCRIPTION

The future isn't just coming — it's already making your decisions. In the era of agentic AI, your attention is the most hunted commodity on Earth. How do you protect what makes you truly human?

Human, Still is a practical guide for the modern mind, free of technical jargon and hustle-culture fluff. Grounded in neuroscience, psychology, and real-world risk-management experience, it offers a simple, repeatable framework to help you reset your thinking using simple movement to recover from mental fatigue, eliminate the hidden distractions quietly draining your daily focus, and train your judgment to make sound decisions when you're overwhelmed.

Become the steady, clear-thinking person you are capable of being, one intentional choice at a time. In an AI-shaped future, your clearest mind is your fundamental advantage.

— SHORT DESCRIPTION · WEBSITES & CATALOGUES

Human, Still is a practical, neuroscience-backed guide that helps knowledge workers protect their focus, sharpen their judgment, and reduce mental fatigue in the age of agentic AI. Instead of competing with the machines, readers learn to out-human them — building an “Uncrackable Clarity” that lets them collaborate with AI confidently, without losing their agency.

— KEY THEMES

01

Uncrackable Clarity

A fortified mental foundation, built through self-understanding, that no algorithm can replicate.

03

Attention as Infrastructure

Focus is a finite resource under constant extraction; protecting it is now a professional skill.

05

Out-Human, Don't Out-Process

Relevance in the AI era comes from self-understanding, not from chasing new credentials.

07

AI as Amplifier, Not Replacement

A grounded way to collaborate with AI that expands your own thinking instead of outsourcing it.

02

Judgment Over Speed

Human judgment, not speed, is the edge worth protecting in an age of machine processing power.

04

Reset Through Movement

Simple, body-based practices to recover from mental fatigue and interrupt anxious thought loops.

06

Self-Understanding as Foundation

“Know yourself, navigate everything” — personal clarity as the starting point for change.

Reader Outcomes

You will learn how to...



- 1 Reset your thinking using simple, movement-based techniques that clear mental fatigue.
- 2 Identify and eliminate the hidden distractions quietly draining your daily focus.
- 3 Train your judgment to make sound, steady decisions even when you feel overwhelmed.
- 4 Build “Uncrackable Clarity” — a mental foundation no algorithm can replicate.
- 5 Collaborate with AI tools confidently, using them to amplify your thinking rather than replace it.
- 6 Replace the fear of irrelevance with a grounded, intentional relationship to your own mind.
- 7 Move from asking “Will I still be needed?” to knowing exactly what only you can offer.

Human, Still hands knowledge workers, business owners and creatives a practical, neuroscience-backed framework for protecting their focus, sharpening their judgment, and using AI as an amplifier of clarity, not a replacement for it.



I AM BUILDING *Uncrackable Clarity.*



Author Bio

“Know yourself. *Navigate everything.*”



— LONG BIO · 200–250 WORDS · MEDIA KITS & WEBSITES

M. Analise Kandasammy is a human-centred futurist and risk strategist working at a rare intersection: applying systems thinking, psychology, and risk methodology to the interior life of the individual. Backed by an MBA, an MS in Business Psychology, and more than a decade of corporate risk leadership in the Caribbean, she brings a forensic eye to the patterns shaping how we think, decide, and lead in an algorithmic world.

For four years, Analise has researched agentic AI, driven by the same anxious question she now helps readers answer: Will I still be needed? Working in a region still building its AI infrastructure, her first instinct was to chase another credential. What she found instead reframed everything: relevance in the AI era isn't about out-processing machines, it's about out-humaning them.

That discovery became *Human, Still*, her debut book, which distills neuroscience, psychology, and hard-won risk expertise into a practical framework for protecting focus, judgment, and mental clarity in an AI-shaped future.

Grounded in her mantra, “Know yourself, navigate everything,” Analise equips readers to question inherited assumptions, protect their autonomy, and meet rapid technological change with confidence instead of fear. She writes not as a distant AI guru, but as a fellow knowledge worker who did the work first, and now walks the path alongside her readers, one intentional choice at a time. A native of Guyana, she lives and works in Trinidad and Tobago.

— MEDIUM BIO · 100–120 WORDS

M. Analise Kandasammy is a human-centred futurist and risk strategist who applies systems thinking and psychology to the interior life of the individual. With an MBA, an MS in Business Psychology, and over a decade of corporate risk leadership in the Caribbean, she brings a forensic eye to how we think, decide, and lead in an algorithmic world.

After four years researching agentic AI, Analise discovered that relevance isn't about out-processing machines, it's about out-humaning them. That insight became *Human, Still*, her debut book on protecting focus, judgment, and clarity in an AI-shaped future. Grounded in her mantra, “Know yourself, navigate everything,” she helps readers meet rapid change with confidence, not fear.

— SHORT BIO · 40–60 WORDS

M. Analise Kandasammy is a human-centred futurist and risk strategist with an MBA, an MS in Business Psychology, and over a decade of Caribbean corporate risk leadership. She is the author of *Human, Still*, a practical guide to building focus, judgment, and clarity in an AI-shaped future.



OUT-HUMAN,
don't out-process.



Key Messages & Talking Points



1 Out-human, don't out-process.

The instinct to compete with AI on its own terms — speed, output, credentials — is a losing game. Real relevance comes from doubling down on what only humans can do.

- *The author's own first instinct was to chase another degree; she found that self-understanding, not another credential, was the actual answer.*
- *Frames AI anxiety as a signal pointing toward a self-knowledge gap, not a personal failing.*
- *Positions judgment, not processing speed, as the durable human advantage.*

2 Uncrackable Clarity is built, not born.

Mental clarity under pressure isn't a personality trait some people have and others don't. It's a trainable skill, grounded in neuroscience and simple daily practice.

- *Draws on movement-based techniques to reset mental fatigue.*
- *Offers a repeatable framework rather than a one-time mindset shift.*
- *Makes the practice accessible to readers with no science background.*

3 Your attention is the most hunted commodity on Earth.

Before you can think clearly about AI, you have to protect the resource AI, and everything else, is competing for: your attention.

- *Identifies the hidden, everyday distractions that quietly erode focus.*
- *Reframes attention management as a professional advantage, not a wellness add-on.*
- *Connects directly to workplace performance and decision-making under pressure.*

4 Self-understanding is the foundation of intentional living.

You cannot navigate a fast-changing world without first knowing your own patterns, fears, and defaults. Self-knowledge comes before strategy.

- *Rooted in the author's mantra: "Know yourself, navigate everything."*
- *Applies equally to career decisions, AI adoption, and leadership.*
- *Distinguishes genuine self-knowledge from surface-level self-awareness content.*

5 AI should amplify your clarity, not substitute for your thinking.

The goal isn't to compete with AI or hand over your critical thinking to it. It's to expand your own cognitive capacity so collaboration with AI feels grounded and intuitive.

- *Offers a middle path between AI fear and uncritical AI adoption.*
- *Speaks directly to the established, capable professional who is uncertain how to adapt.*
- *Gives practical language for using AI tools without losing personal agency.*

Suggested Interview Questions



Questions tagged **★ SHORT-FORMAT PICK** work especially well for short podcast episodes.

- 01 What made you spend four years obsessing over agentic AI? **★ SHORT-FORMAT PICK**
- 02 You call your central idea "Uncrackable Clarity." What is that, exactly, and how does someone build it? **★ SHORT-FORMAT PICK**
- 03 You've said the goal isn't to out-process AI, but to out-human it. What does that actually look like day to day?
- 04 Your background is in corporate risk management. How did that shape the framework in *Human, Still*?
- 05 What's the difference between self-awareness and genuine self-knowledge, and why does that distinction matter for working with AI?
- 06 Who is the reader you had most in mind while writing this book? **★ SHORT-FORMAT PICK**
- 07 What's one simple, movement-based practice readers can use today to reset mental fatigue? **★ SHORT-FORMAT PICK**
- 08 You write about attention being "the most hunted commodity on Earth." What are the hidden distractions most people don't even notice?
- 09 How do you train judgment, specifically, as opposed to just gathering more information?
- 10 What's the biggest misconception professionals have about staying "relevant" in an AI-shaped future?
- 11 Your first instinct, when you felt the pull of AI anxiety, was to go back to school. What changed your mind? **★ SHORT-FORMAT PICK**
- 12 As a Caribbean-based author writing about a largely Silicon-Valley-driven topic, what perspective do you bring that's missing from the conversation?
- 13 What would you say to someone who feels like the identity they've built their career around may no longer be enough?
- 14 If a reader closes *Human, Still* and does only one thing differently, what do you hope it is?
- 15 What's next for you and for this work, beyond the book?



KNOW YOURSELF.
Navigate everything.



Audience & Use Cases

— WHO THIS BOOK IS FOR

- ◆ Established knowledge workers and mid-to-senior professionals who feel the ground shifting under their expertise but aren't sure what to do about it.
- ◆ Managers and leaders, especially women, who feel quietly overwhelmed by the pace of AI adoption in their industries.
- ◆ Creators, university students, and early-career Millennials and Gen Z readers building their professional identity alongside AI, not before it.
- ◆ Anyone who has ever quietly asked themselves, "Will I still be needed?"

— PERFECT FOR...

- ◆ Corporate book clubs and internal learning sessions on AI and the future of work
- ◆ Panels and events on AI, women in leadership, and professional reinvention
- ◆ HR, L&D, and DEI programming on change readiness and psychological safety
- ◆ University career-readiness and professional-development programming
- ◆ Executive coaching, onboarding, or leadership-development curricula

Event & Speaking Angle

Analise speaks and leads workshops on the same territory the book covers: what it means to lead, decide, and stay clear-headed as AI reshapes the pace and shape of work. Her talks combine her corporate risk background with practical, neuroscience-informed tools, and are calibrated for both large keynote audiences and smaller, more intimate workshop settings.

— SAMPLE TALK TITLES

KEYNOTE

Uncrackable Clarity: Building a Mind AI Can't Replace

A keynote on the practical, trainable foundation of focus and judgment in an AI-shaped future.

KEYNOTE

Out-Human, Not Out-Process: A New Relevance Framework for the AI Era

Why chasing credentials is the wrong response to AI anxiety, and what to do instead.

WORKSHOP

The Focus Infrastructure: Protecting Your Attention in an Algorithmic World

A practical workshop on identifying and eliminating hidden daily distractions.

WORKSHOP

Know Yourself, Navigate Everything: Self-Understanding as a Leadership Skill

How personal clarity becomes an organisational advantage under pressure and rapid change.

— WHAT EVENT ORGANIZERS' AUDIENCES WALK AWAY WITH

A practical, repeatable framework for protecting focus and judgment, not just a temporary sense of reassurance about AI, plus concrete, evidence-informed tools for reducing mental fatigue and making sound decisions under pressure.



JUDGMENT, NOT SPEED
is the one thing
AI can't own for you.



Endorsements & Social Proof



A compelling and timely reminder that in an age increasingly shaped by artificial intelligence, our greatest advantage remains our humanity. Drawing on neuroscience, psychology, and her lived experience, Analise skilfully integrates the work of lead thinkers with her own models... a thoughtful, practical, and grounded guide.

— MAXINE ATTONG, ORGANIZATIONAL DEVELOPMENT SPECIALIST, PCC-LEVEL EXECUTIVE COACH, CMA & AUTHOR

As someone who has spent decades helping people reconnect to their purpose, energy, and potential, it has been inspiring to watch Analise step fully into her voice as a writer and channel that voice into this work. Human, Still offers readers a thoughtful exploration of focus, self-awareness, and what it means to remain deeply human in an increasingly AI-shaped world.

— LEAH DE SOUZA, CPTD, TALENT DEVELOPMENT STRATEGIST & HIGH-PERFORMANCE COACH FOR LEADERS

Kandasammy's premise is that we should out-human the machines rather than try to out-process them. Human, Still shows what that requires. She describes how predatory algorithms bombard and colonise our attention and train the mind for quick bursts of meaningless novelty, at the cost of the deep, reflective thought that remains one of our greatest human advantages. She then offers practices that are both fresh and easy to implement. I encourage all my students to carve out temporal space from the busyness and clutter of the modern world to tune in to our intuitive and deeper thoughts, and this book gives them a practical way to do so. Kandasammy also asks us to reconnect with the body, and with the moral judgment and tacit knowledge that no algorithm can replicate. She breaks down the science for a wide audience, and her liberal use of colourful literary devices makes the book a joy to read.

— DR. PAUL BALWANT, CMBE, SENIOR LECTURER, DEPARTMENT OF MANAGEMENT STUDIES, UWI ST. AUGUSTINE

Quick Facts



TITLE	Human, Still: Strengthening Your Mind for an AI-Shaped Future
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— PUNCHY LINES A JOURNALIST COULD LIFT

- ◆ Human, Still argues that in the age of AI, your clearest mind, not your resume, is your biggest competitive advantage.
- ◆ Written by a Caribbean risk strategist who spent four years embedded in agentic AI research.
- ◆ Introduces “Uncrackable Clarity”: a practical, trainable framework for focus and judgment under pressure.
- ◆ Makes the case that staying relevant in an AI-shaped future isn't about out-processing machines, it's about out-humaning them.





CONTACT & LINKS

Let's talk.

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