

### ABOUT

Anthony O'Neal is a personal finance expert, host of the podcast and YouTube show The Table, and 3x national bestselling author, most recently of the USA Today bestseller Stop Living Paycheck to Paycheck, alongside Debt-Free Degree and Take Your Seat at The Table.

Available for TV segments, podcast interviews, bylined articles, expert commentary and keynote speaking.

### BY THE NUMBERS

**1.12M**

YouTube subscribers

**515K**

Instagram followers

**200K**

TikTok followers

**200K+**

Weekly email readers

**36M+**

Show views in 2025

**8.3M**

Podcast downloads in 2025

**100K+**

Families helped out of debt

**3x**

National bestselling author

### SEGMENTS HE CAN COVER

- Living paycheck to paycheck
- Investing for beginners
- Faith and money
- Getting out of debt
- Black generational wealth
- Debt-free college

### SELECTED TELEVISION

TODAY Show

Fox & Friends

Live! with Kelly and Mark

Rachael Ray

Good Morning America

The Tamron Hall Show

NBC News Daily

CNN News

### BOOKS

**Stop Living Paycheck to Paycheck**

**Debt-Free Degree**

**Take Your Seat at The Table**

USA Today bestseller

National bestseller

National bestseller

### FULL BIO

Anthony O'Neal is a personal finance expert, host of the podcast and YouTube show The Table, and 3x national bestselling author, most recently of the USA Today bestseller Stop Living Paycheck to Paycheck, alongside Debt-Free Degree and Take Your Seat at The Table.

Since 2014 he has challenged cultural norms and equipped millions of people to live a debt-free life, break generational wealth gaps and build true wealth. He has appeared on Good Morning America, TODAY Show, Live! with Kelly and Mark, Fox & Friends, NBC News Daily, Rachael Ray, The Tamron Hall Show and CNN News, and has been featured in Success Magazine, MarketWatch, Bloomberg, Black Enterprise and GOBankingRates, among others. In 2025 alone, his show received 36MM+ views and 8.34MM downloads.

Anthony is a sought-after public speaker, speaking on stages with audiences of 40k+ people, and an adjunct professor of Consumer Economics at Virginia Union University. He has been recognized by Black Enterprise as Top 40 Under 40 (2023) and named to Success Magazine's Top 25 Personal and Professional Development Influencers to Follow (2023). He is building the Anthony O'Neal Center for Economic Empowerment and Leadership at VUU, opening Fall 2027, and is pursuing his Doctorate in Business Administration with a focus on Finance & Investing at Regent University. He resides in the Washington, DC suburbs.

### RECENT COVERAGE

#### Entrepreneur

August 2026

He was driving a \$40k car but didn't have \$5 for McDonald's.

#### Inc.

June 2026

Most entrepreneurs do this with extra cash. A financial expert says that's a mistake.

#### Ebony

August 2026

Book excerpt: Stop Living Paycheck to Paycheck

#### The Root

August 2026

How to budget like a boss: money tips for Black Americans

#### Black Enterprise

December 2023

Named a 40 Under 40 honoree

#### Black Enterprise

June 2024

How to graduate college without drowning in student loans

#### SUCCESS

Nov/Dec 2022

Three tools for remote workers to maximize financial security

#### WABE Atlanta

August 2026

A roadmap to financial freedom

### BOOKING & MEDIA

Media inquiries: pr@anthonyoneal.com

Speaking inquiries: bookings@anthonyoneal.com

Press page, photos and logos: anthonyoneal.com/media

The Table (podcast & YouTube): anthonyoneal.com/the-table