ANTHONY O'NEAL

PRESS AND MEDIA KIT 2026 TO 2027

Freedom is better than BEING rich.

Anthony O'Neal is a personal finance expert, host of The Table and 3X national bestselling author.

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



Media inquiries answered within 1 hour.

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Data, a story and a step to take.

WHO HE IS

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*.

WHAT HE BRINGS

A plain-spoken plan for getting out of debt and building wealth on any income. Every segment carries data, a story and a step your audience can take before it ends.

AVAILABLE FOR

TV segments, podcast interviews, bylined articles, expert commentary and keynote speaking. Adjunct professor of Consumer Economics at Virginia Union University.

SEEN ON	TODAY, Good Morning America, Fox & Friends, The Tamron Hall Show, Live! with Kelly and Mark, NBC News Daily, Rachael Ray and CNN
HEARD ON	The School of Greatness with Lewis Howes, Woman Evolve, Sway in the Morning and B. Simone

At home on TV, radio and podcasts.



NATIONAL TV

In studio at NBC for *Stop Living Paycheck to Paycheck*.



RADIO

Sway in the Morning.





PODCASTS AND LOCAL TV

Woman Evolve. Good Day Chicago.



1.13M

YouTube subscribers.

The Table drew 36M+ views and 8.3M podcast downloads in 2025. The core viewer is 35 to 54, and 83% of the audience is in the United States.

515K
Instagram followers

200K
TikTok followers

200K+
Weekly email readers

100K+
Families helped pay off debt

Subscribers as of November 2026. Social, email and family figures as of September 2026. Viewer profile from YouTube Analytics, Aug 3 to Oct 31, 2026.

6 segments, ready to book.

Living paycheck to paycheck

Why it happens to 6-figure earners too, and the first move out of it.

Getting out of debt

The Debt Snowball, credit cards, car loans and the payoff math people get wrong.

Investing for beginners

How much to invest, when to start, and what waiting 5 years actually costs.

Black generational wealth

Closing the gap: home ownership, trusts, family money meetings and inheritance.

Faith and money

Stewardship, giving and building wealth without shame. A voice churches trust.

Debt-free college

Scholarships, student loans and the plan for graduating without debt.

QUESTIONS TO ASK ANTHONY

1. Why do people earning 6 figures still live paycheck to paycheck?
2. What is the first move out of it?
3. What payoff math do people get wrong on credit cards and car loans?
4. What does waiting 5 years to invest actually cost?
5. How does a family start building generational wealth?
6. How do you build wealth without shame about where you started?

FORMATS

TV segments
TODAY, Good Morning America, Fox & Friends, The Tamron Hall Show

Podcast interviews
The School of Greatness, Woman Evolve, Sway in the Morning, B. Simone

Print, quotes and keynotes
Bylined articles, expert commentary and stages of 40,000+

Who is Anthony O'Neal?

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.

BOOKS

Stop Living Paycheck to Paycheck
USA Today bestseller, 2026

Debt-Free Degree
National bestseller

Take Your Seat at The Table
National bestseller

RECOGNITION

Black Enterprise 40 Under 40, 2023

Success Magazine Top 25 Personal and Professional Development Influencers, 2023

Official bio. Please run it as written, or use the first paragraph alone as a short introduction.

Book Anthony.

Tell us the outlet, the topic, the format and your air date or deadline.
Media inquiries are answered within 1 hour.

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Speaking: bookings@anthonyoneal.com

Clips, photos and logos: anthonyoneal.com/media

RECENT COVERAGE

Entrepreneur, August 2026. He was driving a $40k car but didn't have $5 for McDonald's.

The Root, August 2026. How to budget like a boss: money tips for Black Americans.

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.

WABE Atlanta, August 2026. A roadmap to financial freedom.

Black Enterprise, June 2024. How to graduate college without drowning in student loans.

