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# SUNTIA SMITH

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## Media Package

AUTHOR \* MOTIVATIONAL SPEAKER \* LICENSED  
RELATIONSHIP THERAPIST AND COACH

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## Who is Suntia Smith?

Suntia Smith is a revolutionary relationship expert, specialized in helping women heal from broken relationships. Suntia defines broken relationships as those that display dishonesty, disrespect and disregard.

Suntia experienced the pains of being stuck in a broken relationship firsthand. Hers was filled with dishonesty and disrespect. So she walked away and re-discovered how it feels to love herself unconditionally. Today Suntia is strong, confident, and lives life with excitement and passion. Due to her personal experience Suntia is able to infuse her coaching and counseling style with an authentic and truthful flavor. Clients love her refreshing, empowering, and life-changing attitude.

She holds a bachelor degree in psychology, a master degree in

social work, and is a licensed independent social worker. As a licensed independent social worker Suntia does not use a "cookie cutter" approach to provide therapy and coaching services to her clients. Each client receives services based upon their personal experiences and challenges.

The majority of Suntia's clients are in a broken relationship; single and have recently left a broken relationship; or single, over the broken relationship and ready to date again.

Suntia founded [www.suntiasmith.com](http://www.suntiasmith.com) to help women embrace their unique qualities, heal from the pain caused by a broken relationship, and take a courageous step in the right direction by starting to love the most important person in their life – herself.

***Ladies...stop settling for less and change your life!***

With a sparkling smile and a strong message, Suntia Smith is helping single women change their lives.

As an Author, Licensed Independent Social Worker, Relationship Therapist and Coach, Smith offers practical advice and solid strategies to women who are in the midst of a painful breakup, struggling with a broken relationship or scared to re-enter the dating scene only to repeat the same mistakes.

Armed with the tools she learned during her own difficult breakup, Suntia's mission is to empower women to discover their unique and beautiful selves, become confident and stop settling for dead-end relationships.

"I didn't see the red flags. I thought that I was in a relationship with The ONE! I heard wedding bells and dreamt about the big day... yet I was crying, unhappy, and upset, because I wasn't living MY life. I was dancing to someone else's beat, because I believed I wasn't enough. I stayed in the relationship hoping that things would change... that he would change. It wasn't to be."

Through her counseling practice, books and presentations, Suntia delivers honest, effective instruction to the woman who wants to:

- Recover from the pain of a devastating breakup
- Rediscover her true beauty and confidence
- Uncover how to let go of baggage from past relationships.
- Be more at peace with herself.
- Be confident in what she wants from a relationship.
- Have a clear direction in life and the relationship she wants.
- Feel happier, more fulfilled and more energized.

She speaks candidly and firmly through her books, *The Single Woman's Wake-up Call* and *Breakup Bucket List* to women who put their happiness in the hands of others – namely Mr. Wrong, while they settle for discouragement, disrespect and downright dishonesty. She shares her own experiences and provides the how-to steps to heal and recover stronger, happier and more confident than ever before.

Suntia Smith is available for presentations, podcasts, radio and television appearances. For scheduling information, call (864-527-0499) or email at: (media@suntiasmith.com). *The Single Woman's Wake-up Call* and *The Breakup Bucket List* are available at [SuntiaSmith.com](http://SuntiaSmith.com).



# Topics

## Interviews & Key Note Speaking:

- Why glitz & glamour don't mix with love.
- How to unleash your feminine power.
- Ways to love yourself more, so you can love with confidence.
- 6 confidence boosters after a breakup.
- Get busy with the Breakup Bucket List.
- How to let go a painful past to embrace a successful future.
- How to attract Mr. Right and stay away from Mr. Wrong.

## Professional Coaching, Seminars & Workshops:

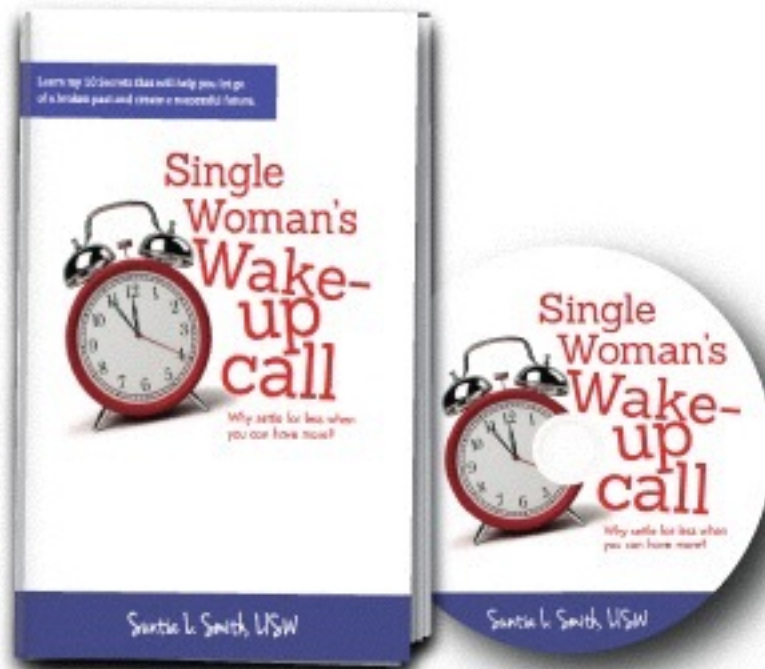
- Become powerful by having control over your life, actions and emotions.
- Be incredibly Happy and love the skin you are in.
- Create a personalized plan on how you can be incredibly successful.
- Make life changes to ensure you don't waste time with Mr. Wrong again.
- Increased confidence in knowing who you are and what you want.
- Make the right decisions for yourself and never settle for less than you deserve.

- Includes a personally signed copy of Single Woman's Wake-up Call.

## Relationship Therapy Sessions:

- Heal your pain and discover the truth of who you are. You'll be more excited about your future.
- Get answers to the questions that are keeping you up at night.
- Uncover how to let go of baggage from past relationships.
- Be more at peace with yourself.
- Feel more confident in who you are and what you want from a relationship.
- Have a clear direction in life and move forward towards the life and relationship you want.
- Feel happier, more fulfilled and more energized.

# About the Book Single Woman's Wake-up Call



Are you a single woman who is afraid of following your passion in life? Do you wish you knew how to stop settling for less than you deserve and start creating a life you love? You know what you want, so why wait... you can have it all now.

This is your time, and you only have one chance to shine like the star you are.

Smith's down to earth and practical guidance moves readers out of regret, fear and guilt to the first steps of passion and fulfillment. Leave those old relationships behind, let go of the dead end job, kick bad habits to the curb and instead, discover a life full of true happiness.

Trade Paperback • 5.5 x 8.5 • 96 pages • \$29.99 Paperback with CD • ISBN 978-0-9855290-0-0 •

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Available at <http://www.amazon.com/Single-Womans-Wake-Up-Call-settle-ebook/dp/B00150MW1M/>.

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## What Others Are Saying..

“Smith’s down to earth and practical guidance moves readers out of regret, fear and guilt to the first steps of passion and fulfillment. Leave those old relationships behind, let go of the dead end job, kick bad habits to the curb and instead, discover a life full of true happiness. As a veteran reader of motivational books, Suntia L. Smith’s *Single Woman’s Wake-Up Call* impressed me. Smith makes her life an ‘open book’ as she courageously shares her challenges with readers. But it is through these accounts that we learn to overcome them. Smith’s message is clear: Never settle. *Single Woman’s Wake-Up Call* is not for the faint hearted. This action packed guide will transform your doubt-filled “I think I can” thoughts into a confident “I know I can” mindset. This is Smith’s first book but I look forward to reading more of her works in the future. *Single Woman’s Wake-Up Call* is highly recommended.” – **Danita Dyess, Reader’s Favorite**

“The thing I like best about this book is its spirit and energy. The tone is energetic and the goal is commendable. The author wants to see that women get the most out of their lives. The book itself is a nicely done small, easy-to-carry-in-your-purse size and that can be a selling point, as I imagine women who buy this might answer questions during their lunch break at work, or sitting in a park.”

– **“Judge, Writer’s Digest 21st Annual Self-Published Book Awards”**

“My breakup was a horrible experience. I had given so much of myself that I thought I had nothing else to offer. I didn’t think there was help for me until a friend suggested I talked to you. From our first conversation I knew you would be a blessing in my life. I am now over my breakup and happy with who I am.” - **Ms. Wakefield, Single in Greenville**

“After being in an abusive relationship I was left hurt, scared and insecure. I am so thankful you were so open about your relationship experiences because it made me feel safe to share mine. I felt that you genuinely cared about me. You helped me rebuild my life and confidence.” - **Ms. Roberts, Single in Atlanta**

## Book Excerpt

# Not a Secret, Just a Fact!

My inspiration for writing this book came from conversations with friends, colleagues and other women I have met. It appears that there is a common notion among some single women that it is time to give up on their dreams. Whether it is the dream of having the career they always wanted, finding Mr. Right, or becoming financially stable, the outlook is the same: these women have lost their motivation to make their dreams come true. Due to this lack of motivation, too many single women are settling for “okay” careers, relationships and finances.

### **Enough is enough, ladies. Okay is not good enough!**

As women we deserve better than just being okay. We deserve to live happy, vibrant and successful lives. But we must first stop pretending okay is good enough and realize we have the power to transform our dreams into reality.

Everything you want can be yours if you are motivated to change your life.

- Do you want peace of mind? ***It's right here!***
- Do you want an awesome career? ***It's yours!***
- Do you want the man of your dreams? ***He's waiting!***
- Do you want financial security? ***Just reach for it!***

Stop living a life of regrets and *shoulda, woulda, coulda*. This is your life, and you only have one chance to shine like the star you are!

Before each secret, you will read a never-seen-before blog post and commentary written by me. The blog post was written during times when I was facing the truth



## Book Excerpt

about myself, facing hard challenges and changing my life. Each blog post and commentary will give you some insight into the journey of uncovering my secrets and show you how they changed my life. It was hard to share such personal writings, but I wanted to show you that my secrets are not from an overnight success or living a perfect life. My secrets are from real life lessons that have allowed me to stop settling for less than I deserve and start living the life I have always wanted. So, if you are ready to change your life and see all the possibilities awaiting you, continue reading for your official wake-up call.

# Interview Questions and Answers

**Q. Let's start with your statement, "You are enough." What do you mean by that?**

- After a breakup women tend to beat themselves up, thinking it ended because they weren't pretty enough, smart enough or sexy enough.
- It wasn't them, it was him.
- Ms. Perfect is fictional. You don't have to be perfect (thank goodness) to be your most fabulous self.

**Q. So your fabulous self just got dumped, or perhaps you saw that he was no good and initiated the breakup, what's the next step?**

- Unplug – it's essential, you can't move on to the other steps in the Breakup Bucket List until you do this.
- Disconnect totally. No phone calls, no Facebook stalking, no driving by his work or house.

**Q. You share with your readers that you also went through a very difficult breakup. What happened?**

- I believed he was the man I would build my life with.
- I ignored the red flags, I settled for disrespect, I had put my happiness in someone else's hands.
- I got help from a therapist and today, I do the same for other women.

**Q. You talk about women in broken relationships, what do you mean by that?**

- You are being disrespected, cheated on, lied to, or abuse, whether it is physical or emotional.
- It's not healthy.
- When there is abuse, it is dangerous and you need to get out of that situation.

**Q. What is the difference between working on a good relationship and one that is broken?**

- In a good relationship, even if you have differences, both partners want to make it work.
- In a broken relationship, the woman is changing herself to be what she thinks the man wants.
- It's an ego trip for him. He knows he can make that late night booty call and she'll say yes.
- Women will make excuses for his behavior; he has a crazy schedule, he works a lot.
- When you start settling for behavior like that, it's a big red flag.

# Interview Questions and Answers

**Q. What about the woman that just can't get over it, she is still hurting, she may feel that she is done with men altogether?**

- If you are hurting so much that it affects your interactions with work, family and friends, please get some help.
- Asking for help does not mean you can't do it by yourself but that you found a better way!

**Q. You talk about discovering your own unique, fabulous qualities. How does that fit in with recovering from a breakup?**

- It's essential to recovery. Women focus on what is wrong with them, instead of what's right.
- Discovering those unique qualities that make you beautiful helps you recover from the breakup, and also makes you stronger and more confident going into another relationship down the road.
- When you know you are enough, are beautiful in your unique way, confident enough to wait for the man who will treat you with respect and honesty, you can avoid dead-end relationships.

**Q. Do we have to wait for Mr. Right in order to be happy?**

- You don't need to have a man to enjoy the life you have right now.
- You can be confident and enjoying the life you've built while waiting.
- One of the benefits of being happy with yourself is that the confidence and beauty that radiates from you is very attractive. It's especially attractive to the type of people you want in your life.

**Q. What advice do you have for those women who have gone through a bad breakup but feel they are ready to try dating again?**

- Make sure that you have taken time to be good to yourself.
- Don't get out there and date again because others say it's time, only when you feel ready.

# Interview Questions and Answers

**Q. Why did you write Single Woman's Wake-up Call?**

I wrote this book to empower women to let go of a broken past, believe in themselves and walk into their destiny - a life full of love, happiness and success.

**Q. What's the most important message readers will get from reading your book?**

The most important message is for women to know that they do not have to settle for less than they deserve in relationships, career and finances. They have the power to create the life they always wanted.

**Q. What do you hope will come from others reading it?**

Life is a journey and we can use the lessons we learn to strengthen us or to break us. It is our choice and no one can make the decision for us. In my book I show women when we chose to become strong we chose to be the woman we are destined to be - strong, confident and courageous.



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## INTERVIEWS | SPEAKING | WORKSHOPS

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