



Samantha  
RUTH  
MEDIA KIT



# SAMANTHA RUTH

*Psychologist and Transformational Coach*

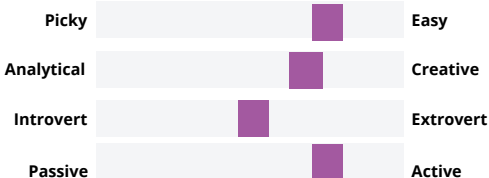


**Age:** Depends on the day

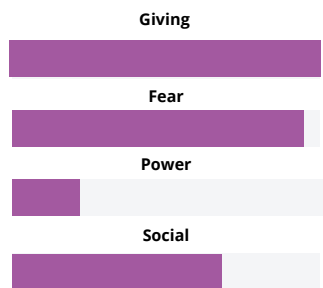
**Work:** Psychologist, transformational coach

**Location:** Boulder, Colorado

## Personality



## Motivation



## Preferred Channels



## BIO

After practicing in Michigan for nearly 17 years, Sam moved to Colorado to marry her soulmate. On 12/27/2017, Jim collapsed at work and passed away. All Sam wanted to do was give up. But she could hear Jim telling her to "live their dreams". She started to realize that her pain could help her help others. She then left her in-demand client practice and followed her intuition to create an online healing portal. Her mission is to change the way you and the world view mental health and how we heal from traumas, depression, anger, addiction and many more of life's ups and downs. In pursuit of this mission, she continues impacting lives through her books, keynote speeches, live events, online healing portal and coaching programs.

## GOALS

- Be the go-to portal & source for healing, transition & personal growth.
- Design Global Healing Retreats booked years in advance.
- Form mutually beneficial relationships with partners with complementary offerings that have the same mission.

## FRUSTRATIONS

- Mental health perception.
- Abandoned humans and animals.

**FAVORITE  
BRANDS**



**KONG**

**Cuisinart**



Available for LIVE sessions, Interviews and Editorial Contribution

# INTERVIEW KEY POINTS

#doglover

#friendtomany

#natureaddict

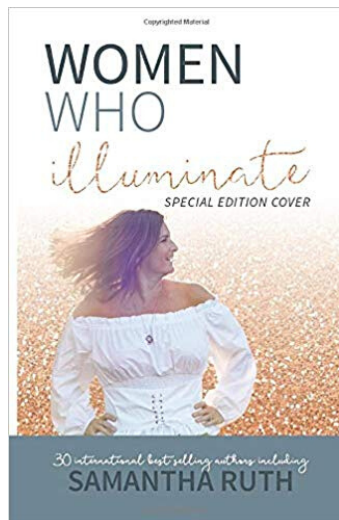
#awesomeaunt

#healingwidow

#organicfoodie

- 1) Conquering anxiety through diet and mindset
- 2) Addiction awareness and recovery
- 3) Advocate for grieving
- 4) Personal growth journey coaching
- 5) Unpuzzling people's past traumas, life's challenges and set-backs
- 6) Emotional transition for all ages
- 7) How to be happy, like ridiculously joyful and thriving

## LATEST BOOK



## FAVE QUOTE

"You don't know this new me; I put back my pieces differently."

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