

SAMANTHA RUTH

Psychologist
Expert Grief +Anxiety Coach

BIO

Samantha Ruth is a Transformational Psychologist, speaker, best-selling author, and founder of Griefhab, a 24/7 support community for anyone who has experienced a loss. Sam helps people around the world turn their pain into their power by guiding them to be their true selves, by embracing their differences, and by living life on their own terms.

Her mission is to change the way the world views mental health, so people can openly speak about whatever issues they have and get the help they not only need but deserve without fear of judgment, labels, and repercussions.

Sam understands what it's like to feel overwhelmed, lost, stuck, and alone.

After unexpectedly losing her husband Jim, Sam felt like her life had been shattered into tiny, unrecognizable pieces. It took this experience for her to learn how to tune out the noise of everything and everybody else, and focus on listening to herself.

Sam has a unique style and heart-centered teaching, not only based on her education but based on her own life experiences. This powerful combination allows her to help clients in a unique style, that helps them pick up the pieces and put them back together again - even better.

"Life isn't about waiting for the storm to pass ... it's about learning to dance in the rain."

POTENTIAL INTERVIEW TOPICS

- Giving yourself Permission (to grieve)
- Grieving your way
- Breaking Mental Health Stigmas
- What Grief and Mental Health have in common
- Living successfully with anxiety (Embracing anxiety)
- How to ask for help
- What makes you different makes you beautiful
- Being your true self not who you think you need to be
- Surviving in the most challenging times
Surviving after loss; Picking up the pieces and putting them back together again: Better/ Turning Pain Into Power

FEATURED ON



RVN TV - Dr Sue & You



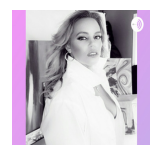
CUTV News



Mighty Parenting Podcast



Soul Centered CEO Show



La Dolce Vita with Virginia Rose

