



# BLESSED DISRUPTION™

Transforming Trauma into Triumph

“Playing small isn’t an option when your life is on the line.”

## BOOK SYNOPSIS

*Blessed Disruption* is a memoir about the kind of upheaval that brings you to your knees—and the unexpected grace that helps you rise again. Written with unflinching truth and emotional clarity, Suzie Hall shares the heartbreak, awakening, and radical transformation that unfolded when the life she built no longer fit the woman she was becoming.

Through intimate storytelling and powerful insight, she traces her path through loss, reinvention, and the surprising moments of beauty that emerge when everything familiar falls away. This is not a story of perfect resilience—it is a story of real, human healing. Of choosing courage when comfort has vanished. Of discovering purpose in the dismantling. And of learning that the very disruption you fear may be the one that sets you free.

In *Blessed Disruption*, you will discover: How to navigate life when the ground beneath you shifts - Why endings often carry hidden beginnings - What happens when you let go of roles, expectations, and narratives that no longer serve you - The unexpected strength found in vulnerability and truth - A path toward emotional clarity, inner alignment, and deeper self-trust.

*Blessed Disruption* is for anyone standing in the middle of a storm, rebuilding after loss, or searching for the purpose within their pain. It is a reminder that even in moments of fracture, something sacred is unfolding.

***If your world has ever come undone—and you are ready to understand why—this book is for you.***

*Blessed Disruption* is a courageous, soul-stirring invitation to break free from the trauma, shame, and limiting beliefs that keep us small. Suzie Hall writes with raw honesty and unshakable hope, guiding readers to transform pain into purpose and fear into faith. Her journey is not just her own — it's a mirror for all of us who have ever felt stuck, silenced, or disconnected from who we are meant to be. This book is a guide for living by design instead of default, and a powerful reminder that the life you long for is on the other side of choosing to rise. If you're ready to grow, and create your own brave new ending, start here.

— Tanya Chernova, CEO, Award-Winning Speaker,  
Best-Selling Author of *UnderMind: Neuroscience of Success*

**Book:** Blessed Disruption:  
Transforming Trauma  
into Triumph

**Author:** Suzie Hall - USA

**Genre:** Memoir

**Publisher:** Lifestyle Design, LLC

**Publish Date:** May 20, 2025

**Paperback:**

979-8-9986493-0-1  
\$19.99

**eBook:**

979-8-9986493-1-8  
\$9.99

**Hardcover:**

979-8-9986493-2-5  
\$29.99

**Audiobook:**

979-8-9986493-3-2  
TBD

**Pages:** 362

**Sold:** Internationally

**Formats:** Paperback,  
Hardcover, and eBook

**Available from:**

 [amazon.com](#)

 [BARNES & NOBLE](#)

 [Smashwords™](#)

 [Get it on  
iBooks](#)

[BOOKS2READ.COM](#)

**Contact Information:**

Suzie Hall  
[hello@suziehall.com](mailto:hello@suziehall.com)

**LinkedIn:** Suzie Hall

**Instagram:** [@suziehall22](#)

**Facebook:** [@suziehall22](#)

[SUZIEHALL.COM](#)

## ABOUT THE AUTHOR

Tired of settling for a losing record in her life, Suzie Hall decided to create a winning reality. She is an award-winning Interior Designer, global Entrepreneur, and Founder of four companies. As a CEO of Influence and Community Philanthropist, she has held high-profile leadership roles that have inspired and impacted countless lives. After facing a life-altering "Halftime" event, Suzie embraced the power of personal transformation, overcame deep-seated traumas and redefined her life's purpose.

Today, she is a sought-after speaker who captivates audiences with her vulnerability, strength, and wisdom. Suzie is passionate about helping others break free from limitations and design the life of their dreams. Her journey of resilience and self-discovery is powerfully captured in her debut memoir, *Blessed Disruption™: Transforming Trauma into Triumph*.

### Sample List of Speaking Topics

- Intentional Disruption: The Key to Reinvention & Resilience
- Creating a Life That Lights Up the Scoreboard of Your Life
- Midlife Awakening: Choosing Faith over Fear
- Transforming Your Pain Into Purpose
- Reimagine. Relinquish. Rise: Playing Offense After Life Knocks You Down



Suzie Hall, Author

*Blessed Disruption* is a raw, inspiring memoir that takes readers on a journey of transformation through trauma. Suzie's story is a powerful reminder that embracing disruption, healing, and living authentically is a choice. This book will resonate with anyone looking to rewrite their own story.

— Gina Mollicone-Long, Creator of Greatness U,  
Best-selling Author and Leading Breakthrough Coach

The game of life is about adversity and how we handle it. It's a real guide full of emotion and important information for those who want to overcome the challenges that life throws at us, and how they are dealt with to come out the victor!

— Coach Skip Hall, Former 30 Year College Football Coach,  
Author of Coach 'Em Up, Radio Show Host of "Game Plan for Life."

Life experience taught me that when we own our stories, we own our lives. After wrestling with the truth of her experiences for years, Suzie Hall paints a brave portrait of a woman who at long last stepped fully into her story and changed the scoreboard. She is a real inspiration--as is this book. Game on!

— Nancy Sharp, Story Coach and Author of  
Both Sides Now: A True Story of Love, Loss and Bold Living

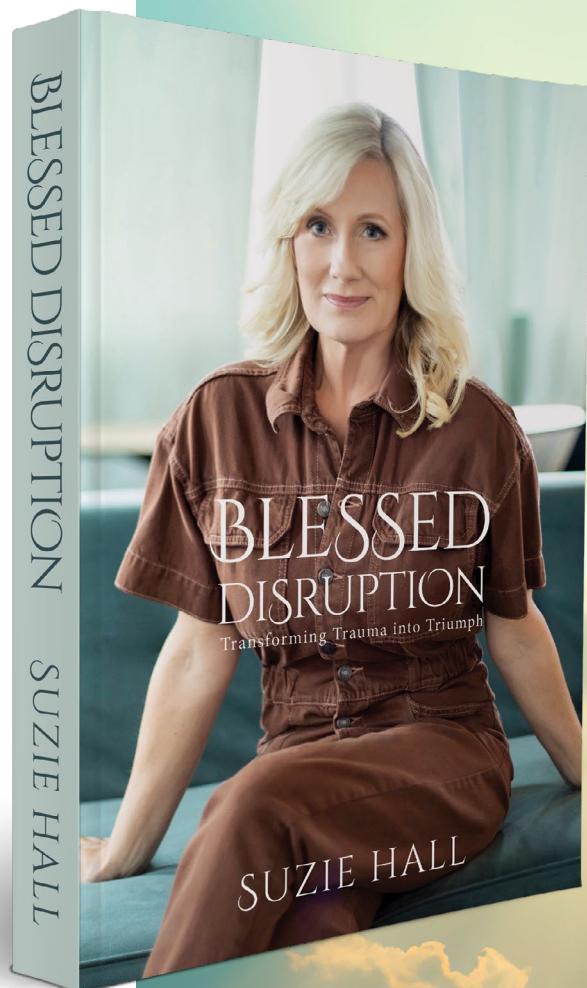
## BOOK EXCERPT - DIVINE IGNITION

After a few frozen seconds, I remembered where I had left the key fob before my trip. I darted into the garage and saw flames licking up the back of the two-deep garage bay. Determined to save my car, fight-flight-or-freeze mode kicked in, and this time I chose to fight. As I backed my vehicle out, I voice-called 9-1-1. The operator kept saying "I can't understand you," so I laser-focused on my enunciation and my parking skills, simultaneously, as I maneuvered to and stopped against a curb down the street. I jumped out of the car and raced back toward the house. A real-life angel in the form of a high school senior boy—who just happened to be out of school for spring break—ran toward me, waving his arms. My rescuer asked if I had a hose.

"Yes!" I replied, shouting permission for him to run through the house with the hose on full blast, not caring one bit about my hardwood floors.

As I watched him douse the flames in the back of the garage, I slowed down my breathing. Was God trying to get my attention? A harsh voice broke through my reverie as I turned to watch the Fire Chief admonish my hero for putting himself in harm's way.

"If it weren't for this boy," I stammered to the chief, "our entire house would have burned to the ground."



Suzie invites her readers and listeners to share their "blessed disruption" transformation stories with her for possible inclusion in a *Blessed Disruption* Anthology via email to: [hello@suziehall.com](mailto:hello@suziehall.com)

In *Blessed Disruption*, Suzie Hall takes you through her journey from trauma to the triumph of becoming, without apology, who God created her to be. Through her courageous process of reframing her identity and purpose, you too will learn the same. This is a must-read if you're ready to improve and live.

— Dr. Benjamin Hardy, founder of Scaling.com

**Media Contact:**  
[hello@suziehall.com](mailto:hello@suziehall.com)



SUZIEHALL.COM