

SUZIE HALL – MEDIA KIT 2025

# BLESSED DISRUPTION™

Transforming Trauma into Triumph

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



## Book Synopsis

How do you disrupt your entire life twice — only once by your own choosing — and come out ahead? *Blessed Disruption* is a raw and inspiring memoir by Suzie Hall that turns suffering into a vehicle for transformation. Raised as the daughter of a major college football coach, Suzie was conditioned to play by the rules and live up to others' expectations. But after enduring a series of life-altering traumas — including devastating personal losses, marital betrayal and religious conflicts — her carefully curated life began to unravel.

In this deeply personal narrative, she confronts the emotional turmoil that kept her playing small and reveals how she broke free from the bondage of her past. Through courage, faith, and an unwavering commitment to self-discovery, she uncovered a divine proclamation of healing, power and freedom. With vulnerability and wisdom, *Blessed Disruption* challenges and inspires readers to embrace their own disruptions, transform their pain into purpose, and light up the scoreboards of their lives!

## 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, successful 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*.



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

**Author:** Suzie Hall - USA

**Genre:** Memoir

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