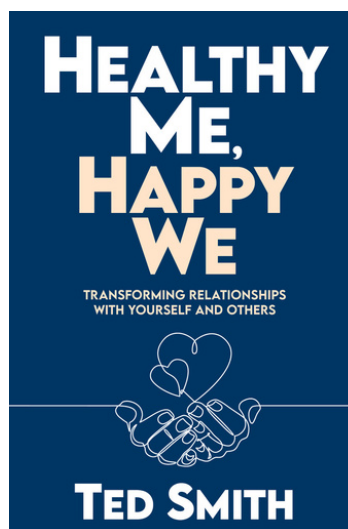


TED SMITH

HEALTH ME, HAPPY WE

TRANSFORMING RELATIONSHIPS WITH YOURSELF AND OTHERS



[Click Here for Book Info, Media Page and Headshots](#)

Bio:

TED SMITH is a relationship and personal coach who has dedicated himself to helping people develop, maintain, and enjoy happy and healthy relationships with themselves and others. He understands the challenges of unhealthy relationships and provides an example of hope, strength, and transformation.

In his book, Ted shares his personal experience navigating unhealthy relationships with a romantic partner and with himself—plus the healing and transformation that followed—to help readers make positive changes to the relationships in their own lives.

Speaking Topics:

- Recognizing and understanding characteristics of unhealthy relationships with others
- How to identify areas of opportunity in your relationship with yourself
- Navigating the healing journey
- Transforming your relationships with yourself and others to be happier and healthier ones

Fun Facts:

- Has played the piano for over 25 years, including accompanying and music directing community theatre productions
- A long distance runner, who looks forward to completing his half marathon post COVID
- An animal lover who has spent the last year isolating with his 2 beloved cats – Joey & Peachy



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