



Dr Robin Smith

Electronic Press Kit

DR. ROBIN™

about Dr. Robin

“I’m here to help transform trauma into triumph through fearless truth-telling.”

Dr. Robin wrote her signature four-step prescription for truth — Wake Up! Show Up! Grow Up! Rise Up!™ — after a serious car accident that caused a traumatic brain injury. These words helped launch her from an ultimate low point toward her life’s purpose. And in the years since, the Prescription has helped hundreds of thousands of people tap into their power.

Dr. Robin hosts The Dr. Robin Show on SiriusXM’s Urban View, addressing today’s most pressing societal challenges. As a black woman and an ordained minister, Dr. Robin feels a strong personal stake in the nation’s awakening and healing around race. She was first introduced to viewers worldwide as the tough-yet-tender on-air therapist for *The Oprah Winfrey Show*. She now regularly works with Fortune 500 companies, and groups that span a range of professions, ages, and racial/ethnic/religious backgrounds.

Based in Philadelphia, Dr. Robin has a PhD in counseling psychology from Temple University. She is the author of *The New York Times* #1 bestseller: *Lies at the Altar: The Truth About Great Marriages*, which has been translated into 14 languages, as well as the soulful memoir, *Hungry: The Truth About Being Full*.



DR. ROBIN™

From boardrooms and world-class stages to intimate, casual spaces, Dr. Robin connects and engages with compassion.



DR. ROBIN™



Written works

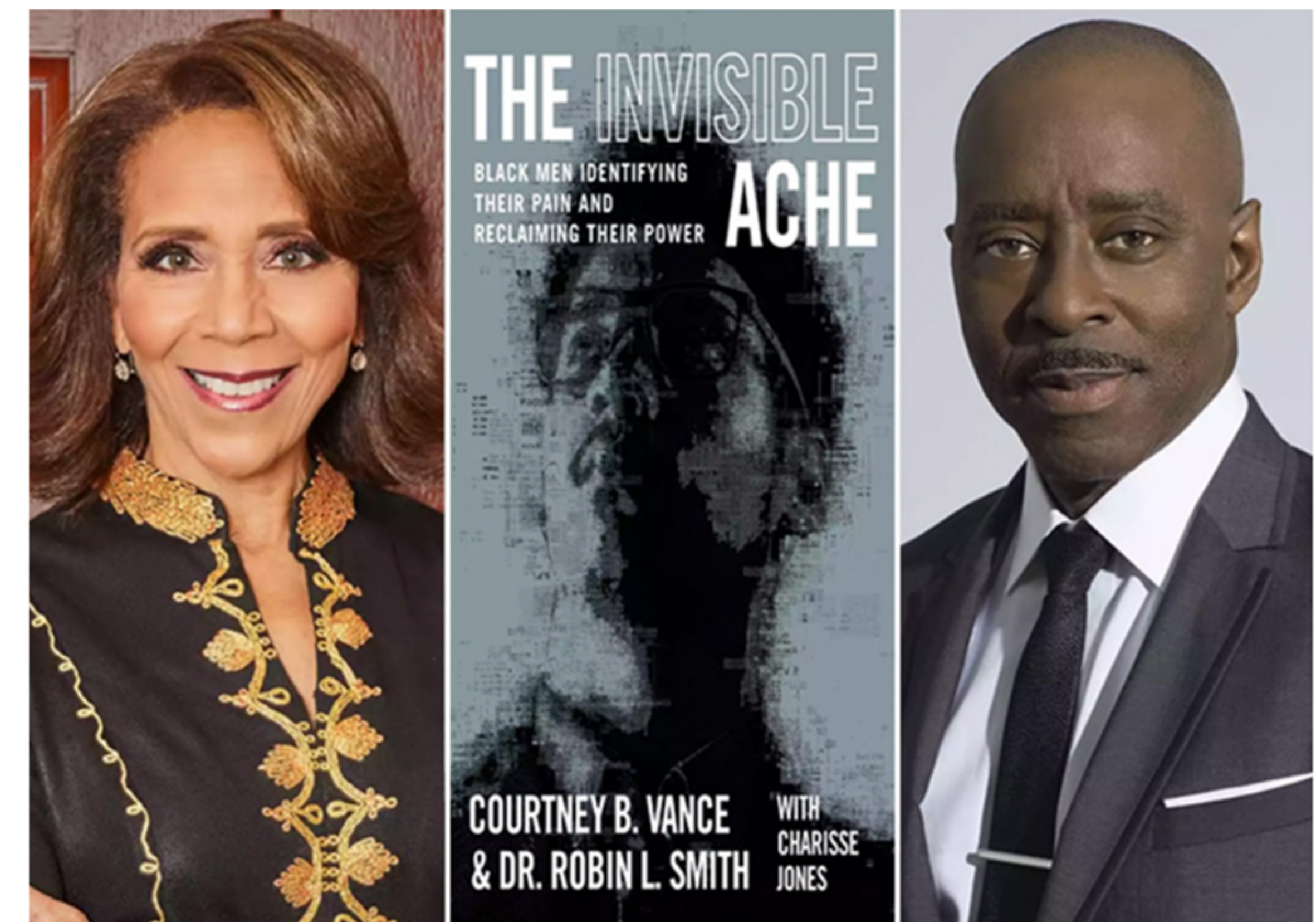
The Invisible Ache: Black Men Identifying Their Pain and Reclaiming Their Power

In America, we teach that strength means holding back tears and shaming your own feelings. In the Black community, these pressures are especially poignant. Poor mental health outcomes— including diagnoses of depression and anxiety, reliance on prescription drugs, and suicide— have skyrocketed in the past decade. Institutionalized racism, microaggressions, and stress caused by socioeconomic factors have led Black individuals to face worse mental health outcomes than any other demographic.

Along with professional expertise from famed psychologist Dr. Robin, Courtney B. Vance explores issues of grief, relationships, identity, and race through the telling of his own most formative experiences and loss.

Together, Courtney and Dr. Robin provide a guide for Black men navigating life's ups and downs, reclaiming mental well-being, and examining broken pieces to find whole, full-hearted living. Self-care is an act of revolution. It's time to revolutionize mental health in the Black community.

THE INVISIBLE ACHE



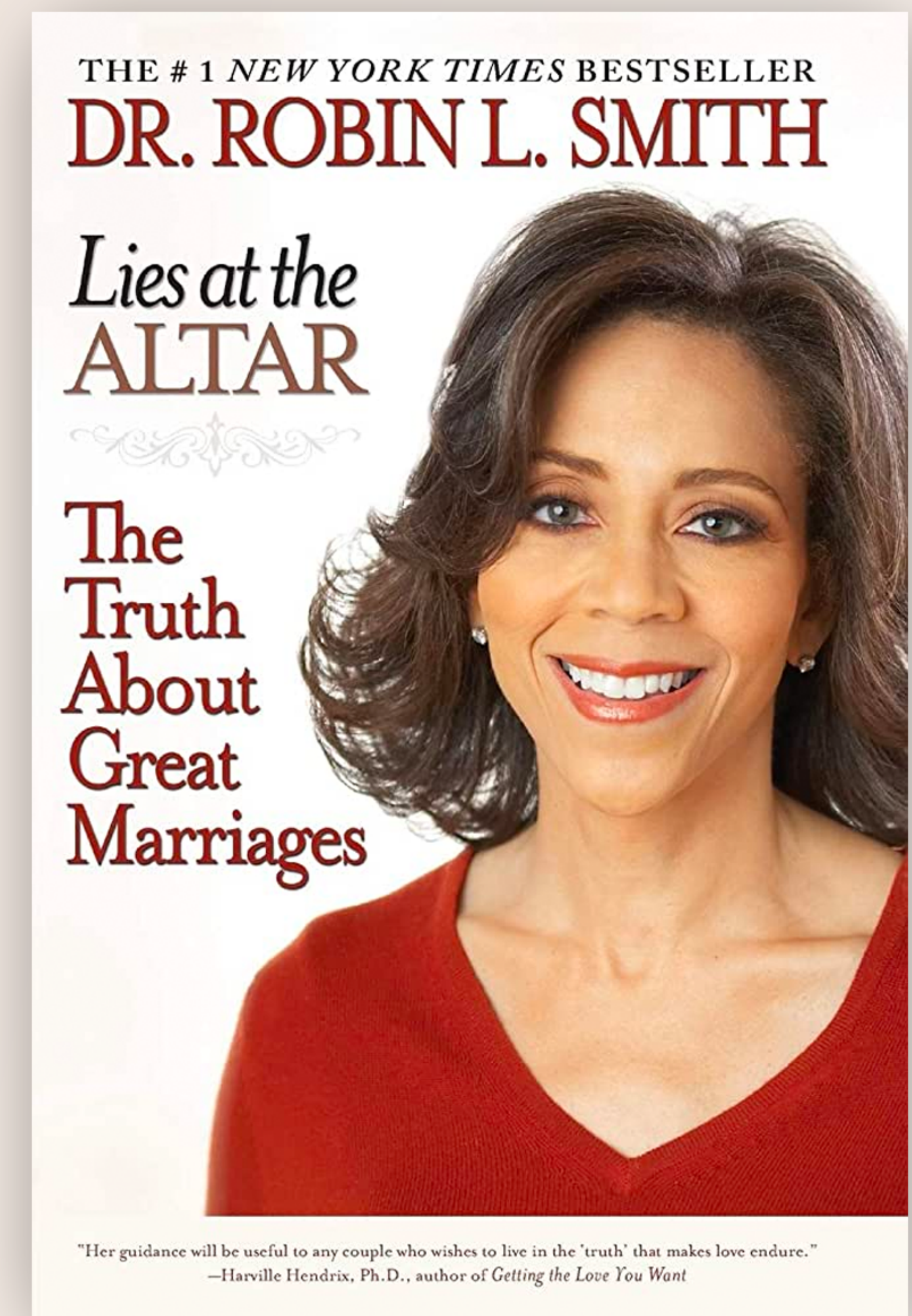
Written works

Lies At the Altar

In *Lies at the Altar: The Truth About Great Marriages*, Dr. Robin Smith addresses the unspoken needs, unasked questions, outrageous expectations, and hidden agendas that often linger beneath the surface of the wedding vows and appear later to cause power struggles, suffering, and feelings of hopelessness in marriages.

Dr. Smith discusses why it's important to have one's "eyes wide open" in a marriage; how to write true vows to live by; and why it's never too late to rewrite your vows. She illustrates her advice with detailed stories from her own life, as well as from couples that she has counseled. And in her inspiring conclusion, she invites couples to light up their lives by acknowledging each other as individuals, each of whom lights a candle, and who lights a third candle which represents "us."

Calling "truth" the secret ingredient of great marriages, Dr. Smith teaches individuals and couples how to find the truth within themselves and their partners, whether they are heading to the altar, suffering in an unhappy marriage, divorced, or simply want to bring more satisfaction and intimacy into their relationship.



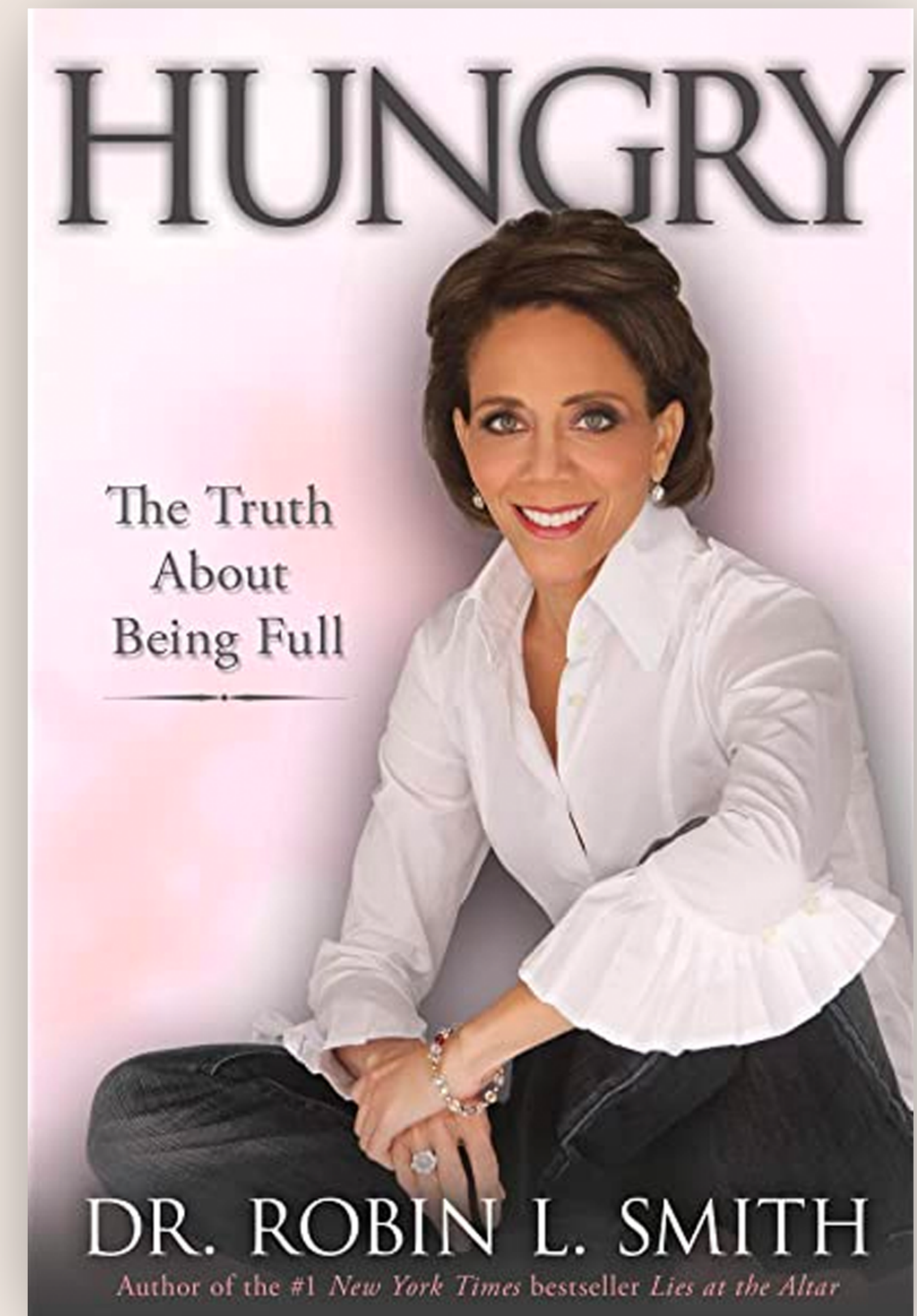
Written works

Hungry

"Even though I looked alive and vital, the hourglass measuring the aliveness of my soul was swiftly draining to the bottom. I was losing my battle to be myself. I was in my prime. My career was taking off; I was surrounded by loving friends and family. Yet it felt like time was running out."

Dr. Robin L. Smith, noted psychologist, ordained minister, motivational speaker, and best-selling author of *Lies at the Altar*, seemed to have the perfect life, but underneath it all, she felt empty. In this powerful work, Dr. Robin painstakingly chronicles a time when she felt at the end of her rope, unable to truly see herself or escape the unrelenting craving in her heart. Throughout her life, she had always focused on living up to everyone else's expectations, in the hopes that by pleasing others she would find fulfillment and success. Instead she found herself spiritually and emotionally starved with a hungry soul begging for change.

Dr. Robin opens a window into her own experiences in order to provide insight into yours. With clarity and empathy she starts you on a path to uncovering the real you—the you that lays beneath all the doubt, superficiality, and life crises. Dr. Robin teaches you to recognize, survive, embrace, and conquer your own hunger and step into your own story.



Wake Up! Show Up!
Grow Up! Rise Up!™

The prescription



DR. ROBIN™

The prescription

Transform adversity into purpose and power

Wake Up! Show Up! Grow Up! Rise Up!™ was the prescription that came to Dr. Robin when she was at her lowest. These words, and the science behind them, helped inspire her to step into her power and start changing her life from within.

Today, The Prescription has helped hundreds of thousands of people around the globe create revolutionary and transformative change. If you have never worked with Dr. Robin before, this is the foundational speech your audience needs to hear.

The Prescription functions as a galvanizing and inspirational keynote because it leaves audiences feeling seen, understood, and ready to take action. It is a speech about acknowledging the pain of the past, the truth of the present, and using that as fuel to launch into an empowered and actualized future.

Wake Up! Show Up! Grow Up! Rise Up!™ is more than just a mantra. It is a mindset. One that can, through science-backed daily practice, help launch anyone out of a rut and into their power and potential.

DR. ROBIN™



The prescription

Transform adversity into purpose and power

If you, your team, or your community have been struggling to break the cycle of stasis, sameness, or stagnation, The Prescription is the solution you need. Through a unique blend of fierce advocacy, tough love, humor, and personal storytelling, Dr. Robin will teach you and your audience a multi-step process to help you reframe harmful narratives and harness your momentum to create meaningful action and change on a personal, local, and global level.

Dr. Robin's Prescription to **Wake Up! Show Up! Grow Up! Rise Up!**™ transforms lives. Your audience will walk away with tangible, replicable, and culturally competent strategies to step out of their negative and self sabotaging patterns and into confidence, growth, and power.

Learning Objectives

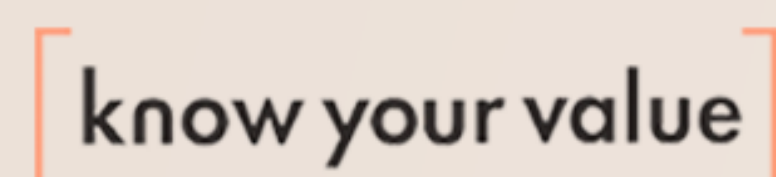
- Learn a simple mantra that is the gateway to meaningful change.
- Process how past struggles and trauma shape our current thinking—and learn the steps to break the cycle.
- Leverage the science of mindfulness and positive thought to influence our actions, mood, and efficacy.
- Increase motivation for success and change.
- Inspire a hopeful outlook about future possibilities.

DR. ROBIN™



previous work

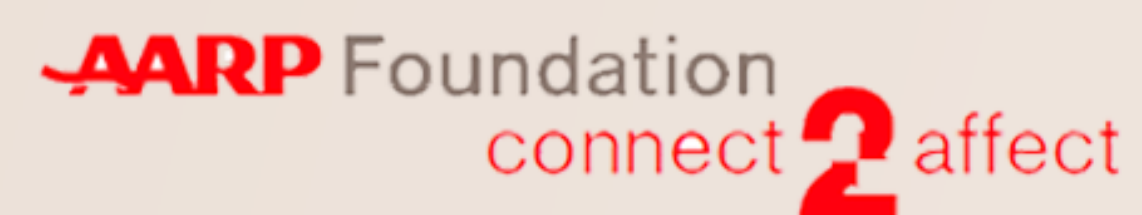
Dr. Robin has appeared on:



Clients have included:



Dr. Robin was a spokesperson for:



Dr. Robin was proud to serve as ambassador for the AARP Foundation and United Health Foundation partnership on the Connect2Affect campaign, an online platform and resource to help the more than 8 million people who are affected, both mentally and physically, by social isolation.

DR. ROBIN™



Radio Show

The Dr. Robin Show on SiriusXM

The Dr. Robin Show addresses today's most pressing societal challenges through soulful conversation that unlocks the heart of the matter.

You are invited to Wake Up! Show Up! Grow Up! Rise Up!™ as Dr. Robin leads in-depth conversations with preeminent thought-leaders, entertainers, experts, artists, athletes, and activists—who share their own insights and stories on rising up toward truth, justice, and joy.



DR. ROBIN™

Thank you!

Thank you so much for your interest in working with Dr. Robin.

You can connect with Dr. Robin on socials:

     @ drrobinlsmith.com

Or contact her team [here](#).



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