

LONG BIO

Amy E. Smith is a certified and credentialed confidence coach, masterful speaker, and personal empowerment expert. Owner and founder of Joy Junkie Enterprises, Amy uses her roles as coach, writer, podcaster, and speaker to move individuals beyond limiting beliefs and sabotaging mindsets to a place of radical personal empowerment and self-love.

With acute focus on helping people "find their voice", Amy uses her popular weekly podcast, [The Joy Junkie Show](#), to address issues of worthiness, self-confidence, and letting go of people-pleasing to assist listeners in creating and living radically joyful lives. Co-founder of [TheSelfLoveRevolution.com](#), Amy has been instrumental in aiding hundreds of women in stepping into their authentic power and craft lives they desire. She is highly sought after for her uncommon style of irreverence, wisdom, and humor and has been a featured expert on Fox 5 San Diego and [YourTango.com](#).

Start stalking Amy at www.TheJoyJunkie.com and grab a free copy of her eWorkbook/Audiobook, *Stand Up for Yourself Without Being a Dick: 9 Proven Challenges to Radically Improve Your Self-Confidence and Self-Love*.