

A close-up portrait of Brandi Benson, a woman with dark hair and a warm smile, wearing red lipstick and a small gold earring. The image is framed by a white border.

# BRANDI BENSON

AUTHOR, SPEAKER & WELLNESS ADVOCATE

## PROFILE

Brandi Benson is an American Speaker, Author, and Founder of the premier employment service company, Resume-Advantage. A former US Army Soldier who is now the author of the acclaimed book "The Enemy Inside Me" and has been featured on radio, tv, magazines and international media platforms including ABC, NBC, CNN, Fox, CW, New York Journal, and more..

## CONTACT

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## EXPERT INTRO

In 2009, at the beginning of her military career, Brandi was diagnosed with Ewing's Sarcoma, a rare form of cancer, which catapulted her from life as a new soldier, into a battle for her life. Through therapy, proper physical activity, and healthy living practices, Brandi was able to make a full recovery and avoid the all too common road of decline and suicide.

Since releasing a memoir "*The Enemy Inside Me*" in 2018 which chronicles her cancer experience, she created the **Brandi L. Benson Wellness Initiative**, dedicated to raising money for both the "Ewing Sarcoma Foundation" as well as in-house support programs and events to spread the awareness of good mental health & wellness practices for victims of trauma.

Brandi transforms the lives of her audience by encouraging them to pursue different avenues of physical and mental therapy to take charge of their healing and wellness.

Her mission is to provide an effective blueprint of strategies and resources that survivors, their loved ones and anyone struggling with "an enemy" in whatever form, can use to improve their overall mental health and decrease the likelihood of mental decline.



## SUMMARY OF EXPERT CREDENTIALS

- US Army Veteran
- Cancer Survivor (Ewing's Sarcoma)
- Author (*The Enemy Inside Me*)
- Guest Speaker at Cancer Events and Mental Health Conferences

## MEDIA INTERVIEWS

### For Radio, TV, Podcasts, Magazines & Blogs

Brandi Benson is available to discuss her book *"The Enemy Inside Me"*, why she wrote the book and of course "The importance of mental and behavioral health therapy" for victims recovering from traumatic events. Brandi can help your listeners, readers and their loved ones identify strategies to improve their overall mental health/wellness to decrease the likelihood of mental decline or suicide.

## SOME QUESTIONS TO ASK BRANDI

- What is your book *"The Enemy Inside Me"* all about & what inspired the book?
- How did you overcome your own enemy and survive cancer?
- What is behavioral and mental health therapy?
- How can victims of traumatic events avoid the pitfalls of depression during recovery?
- What are some effective behavioral and mental health therapy strategies they can use?
- Where can victims of traumatic events find help?





## TESTIMONIAL

"Brandi's book is amazing. It's a stunning exploration of life, risks, rebellion and the fight to stay alive."

- ALEX OKOROJI (Nigerian Actress & Multiple-Award Winning Media Personality)

"A Super-Soul Sunday kind of book: Thought-Provoking and well presented. I was entertained, educated and empowered."

- TRELANI MICHELLE (Writer & Editor)

## ABOUT HER BOOK

Brandi Benson had only recently come into her new life as a soldier in the U.S. Army when she was sent to wartime Iraq, just months after basic training. She forms a mental picture of the threats she might face, composed of M16s, hand grenades, and land mines. Her first encounter with a dangerous threat comes during an airplane ride to a hospital in Germany, and ironically propels her toward an internal battle that leaves her reeling in shock. To Brandi's surprise, this threat does not appear in the form of men with machine guns, but on a medical scan that reads, Ewing's Sarcoma. Once a vibrant 24-year old wearing the picture of fitness and perfect health, Brandi faces a different type of war that requires new weapons: hope, faith, and strength.

The Enemy inside Me is a poignant, yet true account of a soldier's fight that begins miles away from enemy lines. Her journey is a gripping reminder that every moment is a gift and every breath is a blessing.

Available in **Print** & **eBook** at

[www.BrandiLBenson.com](http://www.BrandiLBenson.com)

Available at  
**amazon**

**BARNES  
& NOBLE**

**kobo**

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## **WANT TO SHARE A STORY OF TRIUMPH AND OVERCOMING FEAR + TRAUMA? INVITE BRANDI BENSON TO SPEAK AT YOUR NEXT EVENT.**

**Conferences** – Having a conference that involves health forums and initiatives? Brandi is available to speak! For more information on booking Brandi for your event, contact [Brandi@BrandiLBenson.com](mailto:Brandi@BrandiLBenson.com).

**Cancer Support Group** – When diagnosed with an illness, it helps to hear the stories of others and how they overcame theirs, going on to live healthy lives. Share *The Enemy Inside Me* with your group and invite Brandi to speak.

**Dr. Offices** – It's helpful to know that someone understands your journey. Purchase copies of Brandi's Book for your office and waiting room.

### **SPEAKING TOPICS**

- Overcoming The Enemy Inside You
- The importance of Physical and Mental Fitness
- Reclaiming the Art of Living