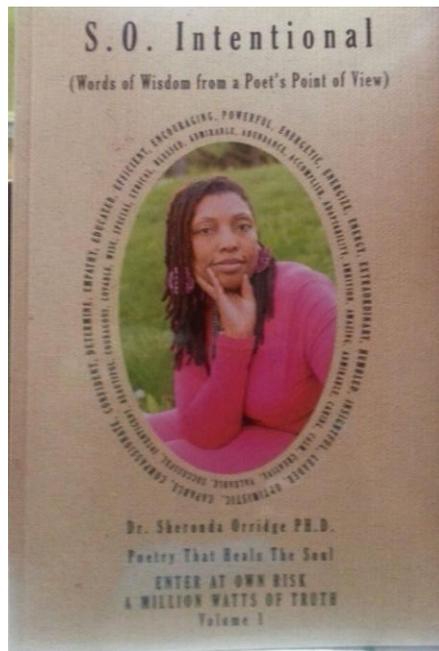




## **About the Author**

### **Poet | Motivational Speaker | Author**

Dr. Orridge is a writer, author, spoken word artist, certified TOP facilitator, certified doula, motivational speaker, curriculum developer, and community organizer. Dr. Orridge is the recipient of the 2012 Leap Forward African American Award, the 2012 National Parent Leadership Award, and the 2011 Community Honor Roll Award. Dr. Orridge specializes in tapping into client's creativity to find and heal past traumas. She uses her talents and strengths as tools to organize communities around education, poverty, foreclosure and to promote Holistic Healing.'



### **Dr. Sheronda, tell us about your book?**

S.O. Intentional (Words of Wisdom from a Poet's Point of View) is not your run of the mill book of poetry. S.O. Intentional is a spoken word poetry book that is broken down into six sessions. I choose to call each part of the book sessions and not chapters or sections because writing this book was my therapy.

Each session begins with advice in the beginning of each session which is called words of wisdom (W.O.W.). W.O.W. covers a variety of topics such as 10 Reasons to Write, The Power of Words, 12 Steps to Cope with Grief, and The Warning Signs of Abuse. Followed by thought provoking poetry that covers self-esteem, foreclosure, relationships, child molestation and a bonus session that has custom poems written for special occasions.

This book also has a healing work session that provides space for the reader to work on their life. The Healing session has a life inventory worksheet, a life line worksheet, a prayer for Guidance and Understanding and affirmations. This book also has a sound track. A download card is located in the back of the book with 10 of the poems from the book set to original music.

### **How did you come up with ideas for this book?**

I came up with the idea of a spoken word book because I am a spoken word artist and I love to perform but I can't be everywhere. So I decided to write the book and include the sound track so that other people can say the poems as well to help me get my messages out into the world. The life coach in me said that I couldn't just have poetry without giving some advice and giving the reader some tools to work on themselves.

### **What was the most difficult aspect of writing this book?**

The most difficult aspect to writing my book was finding the time to write consistently.

### **Why do you write?**

I write to heal, tell my story, start meaningful conversations that leads to action, and to leave a legacy of consciousness, righteousness, and respect.

### **What valuable lessons do you want readers to learn from your book?**

The lesson I want people to learn from my book is to always think outside of the box. There is always more than one way to do something. Just because people have been doing something a certain way doesn't mean you have to do it that way be the one to break the mold.

### **Who are your favorite authors?**

My favorite authors are Iyanla Vanzant, Queen Afua, Bell Hooks, and Maya Angelou.

### **If you had to choose, which writer would you consider a mentor?**

The writer that I would choose to be my mentor is Iyanla Vanzant because we have similar philosophies, and we do the same type of work. I aspire to work my way up to her status she is my role model.

### **Any advice to give to aspiring writers?**

The advice I give aspiring writers is to never give up because your story matters!!!



# So Intentional

Words of Wisdom  
From A Poets Point Of View

Author Dr. Sheronda Orridge

**FAB Virtual Book Tours**  
**November 3<sup>rd</sup> -18<sup>th</sup>**

#SoIntentional



Faith ABeliever Virtual Tours

## About the Book

So Intentional: Words of Wisdom from a Poets Point Of View by Author Dr. Sheronda Orridge LovingSpirit So Intentional is a spoken word poetry book that has advice in the beginning of each section which are called words of wisdom (W.O.W.). W.O.W. covers a variety of topics such as healing, reasons to write, ways to get over grief, and warning signs of domestic violence. Followed by thought provoking poetry that covers self-esteem, foreclosure, relationships, child molestation and a bonus session that has custom poems written for special occasions. This book also provides space for the reader to work on a life inventory, life line, forgiveness letter, and affirmations.

## Book Review

*If you have read the book, please we do encourage posting book reviews on Amazon.com and other online bookstores.*

## For More Information:

Visit the author online at:

Website: <http://www.drsherondaorridge.com>

Follow on Twitter: [@sherondao](https://twitter.com/sherondao) Hash-Tag #SoIntentional

Facebook: <https://www.facebook.com/LovingSpiritLifeCoachAcademy>