

About Ben Smith

Writer | Speaker & Facilitator | Mentor

Relentless violence, bullying and racial discrimination motivated Ben to become a competitive boxer, wrestler and bodybuilder as a means of overcoming fear and self-loathing.

These positive outlets allowed Ben to channel his hurt, anger and frustration, eventually owning a gym, helping others as a successful personal trainer and mentoring youth as a community care worker.

Acting in various national and international commercials as well as several plays and independent movies provided Ben the creative means to express many of his life experiences.

Since the early 2000's, Ben's creative passion has been focused on honing the craft of writing; a double-decade process of reflection, healing and growth not only as a writer but also a survivor of a checkered and dramatic life.

Ben's current project, *Killing Goliath*, is a creative expression to guide people to the path of pure joy and self-acceptance that he now experiences every day.

“Expressing the lessons I have learned through the culmination of the many struggles I have overcome is my life's purpose.”

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