



C. NICOLE SWINER MD
 #docswiner
 speaker, author, family doc, media expert

**INTERNATIONAL BEST SELLING
 AUTHOR ON THE
 SUPERWOMAN COMPLEX**



**BOOK "DOCSWINER" FOR YOUR NEXT EVENT,
 CONFERENCE, WORKSHOP OR TV SHOW.**

How to Avoid the Superwoman Complex is both a labor of necessity and of love for Docswiner, as she started writing shortly after residency and starting her practice as a family doctor. The articles were born out of a desire to help her community and were featured in a local newspaper and Essence Magazine in Oct. 2010. The writings soon developed common themes, such as the importance of preventive health and of self-awareness as a way to prevent illness. After 7 years, she dreamed of putting all of her common sense medical advice into book form. And thus, *How to Avoid the Superwoman Complex* was born. The superwoman (or superman) complex is the false belief that one person can be all things to all people, perfectly. It can have devastating effects —emotionally, mentally and physically.

TESTIMONIALS

"Working with Swiner publishing gave me instant clarity and confidence about my ability to bring my idea to life as a book. As a creative I sometimes feel constrained by structure to the point of resisting it at my own expense. Dr. Swiner's approach to accountability, gentle and caring yet firm, kept me on track to completion and motivation." - Dr. Mani Saint Victor

"Swiner Publishing has been a wonderful and supportive publisher who did what they agreed to do and delivered with an end-product that I can feel proud of. Best-Seller service at its Best!" -Bee Smith

"You are such an inspiration. Thanks for your advice on yesterday. I'm really enjoying your book." -Chemetris MeMe Eubanks

"I started this on my last flight & finished on the return home. Great tips & an easy read. I feel like I can make small changes to improve specific areas of my life. Thanks former Super Woman!" -KaNara Lee

"Your social media event was absolutely amazing. I feel empowered to engage more and armed with the knowledge to use pictures and create video on social media. If anyone needs help with their social media, I strongly recommend you hire docswiner. You will not be disappointed. It will change your life!!!!"
 -Jamila Battle

**HERE ARE SOME TOPICS SHE COMMONLY DISCUSSES:
 (BUT ARE NOT LIMITED TO)**

-HOW TO AVOID THE SUPERWOMAN COMPLEX

Feeling burnt out? Feeling overwhelmed?
 Docswiner talks about how to stop, and learn to say No.

-HOW THICK IS TOO THICK: THE CURVY CONTROVERSY.

Docswiner addresses the fine line between confidence in our curves and the health complications that stem for being overweight and obese.

-DEPRESSION & ANXIETY- BEYOND THE BLUES

She discusses the signs and symptoms of these, very different, but related mental health disorders; their risk factors; and treatments.

-SEXUALLY TRANSMITTED DISEASES--FIRE IN THE HOLE!

She reviews the many types of STDs/STIs there are; causes; signs and symptoms; treatment and prevention. I also include why there seems to be a rise in certain ones and the devastating effects of HIV and AIDs in our community and around the world.

**-CHANGES IN CANCER SCREENING
 FOR WOMEN**

She will talk about the recent controversial changes in screening of breast, cervical and ovarian cancers and how they affect the body and public health.

**-HYPERTENSION, & DIABETES, THE SILENT
 KILLERS**

She discusses the signs, symptoms and natural and pharmaceutical treatments of these chronic disorders.

-FROM FAMILY DOC TO BUSINESS BOSS:

Docswiner discusses how she was pulled into the entrepreneurial world to start her own practice and then blossomed into writing, blogging, and social media expertise. She teaches how anyone can do this with their own career.

**SELF-PUBLISHING 101 & SOCIAL
 MEDIA:**

Let's talk about how you can start a new career or augment your current one by publishing your book or increasing your social media reach. Docswiner will talk you through how she did it 4 times, while maintaining a full-time job and family, with the use of social media, crowd funding and other easy tactics.

ABOUT DOCSWINER

C. Nicole Swiner, MD, is a 2-time best-selling author/publisher, family doctor, wife and mother of 2 in North Carolina. She loves taking care of the family as a whole—from the cradle to the grave. Her interests include Minority Health, Women's Health and Pediatrics. For her undergraduate education, she attended Duke University and went to medical school at the Medical University of South Carolina, in Charleston, SC. She's lived in the Triangle since finishing residency at the University of North Carolina and continues teaching medical students and residents as an Adjunct Assistant Professor with the university's Family Medicine department. When she's not treating patients at Durham Family Medicine, she's speaking in the community, writing, or spending time with her family. Her passion is making medicine "plain" to her patients, so that all people, from all walks of life, can understand how to take better care of themselves and their families.

Along with speaking and teaching, she added self-publishing consultant to her list of duties, as friends and colleagues around her became inspired to write and publish themselves. Through *Swiner Publishing Co.*, she has published her 2 Superwoman books, and multiple best-sellers for her clients she serves as a liaison and "accountability partner" for those wanting to follow in her footsteps to begin a new career in book writing, marketing and speaking.

DocSwiner was a nominated attendee to the first annual United States of Women's conference at the White House in 2016 and was one of 10 finalists in 2017 for Best Doc in North Carolina.

Her 2nd book "The Superwoman Complex: A Follow-Up Visit" was published in 2016 and became an Amazon best seller.

Her 3rd and most recent book is her 1st collaborative one with 13 doctors that have experiences in various fields within medicine. "Thinking About Quitting Medicine" (TAQM) provides narratives each author came close to quitting (or not quitting) the medical profession. Each doctor developed an alternative route within (or outside of) medicine that allowed them to broaden his or her careers. TAQM also became an Amazon best seller in Feb. 2017. To purchase you copy visit <http://bit.ly/thedocswinerstore> and on Amazon.



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CONTACT:

Book DocSwiner by contacting:
 Remarkable Speakers' Bureau,
sue@remarkablespeakersbureau.com
 888-766-3155

www.docswiner.com