



Media Kit for Arlene Garcia, Ph.D

BitterSweetCoaching.com | Tel: 203-864-5484 | bittersweetcoaching@outlook.com

Think a suburban girl from Connecticut who put herself through school, then worked with young people for 17 years before becoming a published author and advocate for invisible disabilities might have some stories to share?

Arlene Garcia is available for speaking engagements, interviews, and appearances. She is also happy to speak to reading and writing groups via telephone or Zoom.

To learn more about her mission to help those with chronic illnesses, please visit www.BitterSweetCoaching.com. BitterSweet Coaching supports charities for individuals with disabilities. Email Arlene today to schedule a radio, print, or television interview.



Long Blo: Arlene Garcia, Ph.D. is a high school history teacher, life coach, and a Gates and Hord Scholar who obtained her Bachelor of Arts and Master of Arts in Teaching through a dual degree honors program. She also completed her certificate in School Building Leadership (SBL) and a doctorate in criminal justice. On the outside, one would say Dr. Arlene Garcia is well established and put together, but on the inside she was slowly dying. Years of misdiagnoses caused her to suffer from a major mood disorder and depression. If you came into contact with her, you would have thought she was crazy or in a bad mood ALL THE TIME. But years later,

Dr. Garcia was diagnosed with Graves' disease, a thyroid disorder that proved difficult to treat because to make matters worse, she had a genetic mutation that prevented her medication from working properly. Being compound heterozygous, due to the MTHFR genetic mutation, wreaked havoc on her body. This mutation caused methylation issues that prevented her body from digesting food and functioning properly. Two years ago, this diagnosis answered many questions for her and gave her part of her life back.

Finally, she got the confirmation that she always knew. She wasn't just crazy as many doctors made her feel due to their inability to treat her various ailments. She has now taken back her life and is on the road to recovery thanks to this newfound knowledge and a doctor who broke from the traditional textbook response and listened to his patient. She uses this platform to share her story: the bitter, the sweet, and the ugly.



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Short Bio: Arlene Garcia, Ph.D. was born and raised in Connecticut. She is an educator, the founder of BitterSweet: Real Talk, and a published author of several books: A Coed With a Will: Keeps it Real, Gatekeeping Behind Meritocracy, Amari Learns to Wait His Turn, Aria's Beautiful Dance, Abundance Unleashed, and Oh What Will You Do?.

Books by Arlene Garcia

Amari Learns to Wait His Turn

A heartwarming children's book that helps young readers learn patience, emotional regulation, and turn-taking through the story of Amari.

Order here:

- [Barnes & Noble](#)
-

Oh What Will You Do?

An encouraging children's book focused on decision-making, confidence, and imagining future possibilities.

Order here:

- [Barnes & Noble](#)
 - [Amazon](#)
-

Abundance Unleashed

A mindset and personal development book designed to help readers break generational patterns, rewire their thinking around money, and step into abundance with clarity and confidence.

Order here: [Barnes & Noble](#)

Aria's Beautiful Dance

A beautifully written children's book celebrating self-expression, confidence, and the joy of movement. Through Aria's love of dance, young readers are encouraged to embrace who they are and shine in their own unique way.

Order here: [Barnes and Noble](#)



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Five Fun Facts You Didn't Know

- I attended college in NY, studied for a semester in Washington, D.C and attended a Spanish Immersion Program in Cuernavaca, Mexico.
- I enjoy traveling and have visited Asia, Europe, South America, the Caribbean, Central America and Mexico. A tour of Africa hitting each coast starting with the West is on my bucket list
- I love dancing and listening to music. My musical taste encompasses many genres including country and reggae.
- I took Salsa lessons and practiced weekly at Salsa parties.
- I have four sisters, a daughter and a son.



Dr. Arlene Garcia at a glance...

Dr. Arlene Garcia was born and raised in Connecticut. She attended the school system in Danbury CT, where she learned at a young age the importance of education. She was an avid learner and Honor Roll student until her teen years, where she took a turn for the worse and began hanging out with the wrong crowd, which led Garcia to eventually receiving her first F!

Now Dr. Garcia teaches social studies in NY. Arlene Garcia, a Gates and Hord Scholar, obtained her Bachelor of Arts and Master of Arts in Teaching through a dual degree honors program and completed her doctorate in criminology in NY. Her research interests include: legal and social issues relating to crime and delinquency, education and gender, corrections and issues relating to prison reentry, theory and deviance, and drug policy. She also attended an educational leadership program and has her School Building Leadership (SBL) and School District Leadership (SDL) Certificates.

Dr. Garcia has worked for multiple learning centers, such as Huntington Learning Center and Score!Prep which is a division of Kaplan. She owned and operated Sylvan Learning Center of Brookfield for seven years. Dr. Garcia has tutored students privately as well and instructed college prep, PSAT, SAT, ACT courses for the ConnCap /Upward Bound Program at Western Connecticut State University. She also instructed criminology courses and political science courses on the college level.



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As a speaker, Garcia has worked with former Secretary of State Colin Powell, Senator Ted Kennedy and Miss America in Washington, D.C. She has also spoken at local and community functions in Connecticut and New York.

Testimonials

- “Arlene Garcia, Ph.D., provided editorial feedback to La Femme Latina, a blog for young Latinas running from 2012-2013. During this time La Femme Latina had four contributing writers whose articles spanned across beauty and wellness. I was impressed with Arlene’s ability to provide editorial feedback on the spectrum of articles in a way that still honored the essence of the writer’s message. In addition, Arlene’s connectedness to the audience reached by La Femme Latina helped her to ensure key messages were fresh and relevant. It was truly a pleasure working with Arlene on La Femme Latina.” Founder of La Femme Latina, Teresa Geovanna
- “What a wonderful book with a simple but profound message of hope for young girls. Good job Dr. Garcia. Can’t Wait for the second book.” Abbas Nuriddin
- “The book will cover many age categories; I feel it’s a great message you put out there for several reasons. Too often young girls are lost because of their lack of direction. This book is an eye opener, an opportunity for the young population to consider their future and not nails, hair and boys. Two thumbs up...another good one for my showcase. Aria, thanks for your hand over hand, so cute. Best of everything in your book.” Eloise Adegbola
- “After reading this book I found it to be a great book to read to children. It shows them they can try many different things in life and be who they are no matter what. Great children’s book to have in your collection.” Kay Y
- “John was thrilled that he got into his first choice for college. Thanks again for all your help and guidance.” John’s mother