Suzanne Somers

Suzanne Somers is one of America’s most popular and beloved personalities. In a multifaceted career spanning more than three decades, she has achieved extraordinary success as an actress, singer, comedienne, 14 NEW YORK TIMES BESTSELLING BOOKS, LAS VEGAS FEMALE ENTERTAINER OF THE YEAR, entrepreneur, and lecturer. She is the voice and face of alternative medicine. Her latest book, TOX-SICK: From Toxic to Not Sick debuted at #3 on the New York Times bestseller list. She is receiving raves for her bawdy, fun, romantic Las Vegas show “SUZANNE ”.

Suzanne hit the dance floor with ABC-TV’s “DANCING WITH THE STARS” 20th anniversary season in Spring 2015. She received an EMMY nomination as Outstanding Host for “THE SUZANNE SHOW,” her weekly one-hour health specials on Lifetime. She is founder of ForeverHealth.com, an online resource to connect patients with doctors specializing in natural medicine and a partner and ambassador for Livewave.com, a global nanotechnology company.

Her first big break as the mysterious blonde driving the white Thunderbird in George Lucas’ 1973 cult classic, AMERICAN GRAFFITI,” was soon followed by her portrayal of the ditzy, yet lovable Chrissy Snow on “THREE'S COMPANY", which propelled her to nationwide fame. During her five years with the show, Suzanne helped make the television sitcom one of the most highly rated in history. From 1987-89, Suzanne held the title character role in the hit series “SHE'S THE SHERIFF", and starred with Patrick Duffy in the situation comedy series, “STEP BY STEP", which ran for seven seasons from 1991-97. She also hosted her own daytime talk show, “THE SUZANNE SOMERS SHOW", and from 1998-2000, was the weekly co-host of “CANDID CAMERA".


Always exploring new avenues, in 2010 Suzanne brought one of her most popular talks on aging and wellness to a national cinema audience with the “SUZANNE SOMERS BREAKTHROUGH TOUR”

Suzanne has authored 25 BOOKS, including 14 New York Times bestsellers, five of which were #1 New York Times bestsellers. Published in March 2004, THE SEXY YEARS (Crown), focused on the positives of aging and understanding natural bioidentical hormone replacement and started a revolution in the way women think about their bodies and menopause. It debuted at #3 on the New York Times bestseller list, and has sold more than 1 million copies. AGELESS, Suzanne’s informed and empowering book on anti-aging medicine and maintaining an optimal quality of life (Crown; 2006), became an instant #1 bestseller on Amazon, a #1 New York Times bestseller, and a USA Today and Publishers Weekly bestseller in its first week on sale. BREAKTHROUGH: Eight Steps to Wellness (Crown; 2008) was an instant New York Times bestseller, and remained on that list for ten weeks, also appearing on the bestseller lists of USA Today, The Wall Street Journal, Entertainment Weekly, and Publishers Weekly. Suzanne authoritatively took on a disease she’s conquered herself—cancer—in KNOCKOUT: Interviews with Doctors Who Are Curing Cancer—And How to Prevent Getting it in the First Place (Crown; 2009). KNOCKOUT debuted at #1 on the New York Times bestsellers list, remaining there for six weeks, appeared on
the bestseller lists of USA Today, The Wall Street Journal, and Publishers Weekly, and was the #1 book in China for more than 16 weeks. BOMBSHELL: Explosive Medical Secrets That Will Redefine Aging (Crown Archetype; 2012), was an instant New York Times bestseller, as well as a Wall Street Journal, Entertainment Weekly, and Publishers Weekly bestseller. I’M TOO YOUNG FOR THIS!: The Natural Hormone Solution to Enjoy Perimenopause (Crown Archetype; 2013) was also an instant New York Times bestseller. SEXY FOREVER: How to Fight Fat After Forty (Crown Archetype; 2010), a #1 New York Times bestseller, shares the often-overlooked causes of obesity and teaches us how to restore our bodies and keep weight off. THE SEXY FOREVER RECIPE BIBLE (Three Rivers Press; January 2012) builds on SEXY FOREVER with more delicious recipes. Suzanne’s complete program with meals, recipes, coaching, and science that no other weight-loss plan has integrated into a program like she has, can be found at SexyForever.com.

In 1997, Suzanne published Suzanne Somers’ EAT GREAT, LOSE WEIGHT, (Crown), the first in her phenomenally popular “Somersize” books on her sensible approach to weight loss and a healthier lifestyle. This New York Times bestseller was followed by SUZANNE SOMERS' GET SKINNY ON FABULOUS FOOD, (Crown; 1999). An immediate New York Times bestseller, it was among the top fifteen nonfiction bestsellers on Publishers Weekly’s 1999 hardcover list. Both titles appeared simultaneously on the New York Times bestseller list in the top two positions and were among the New York Times’ and USA Today’s top 100 sellers in the years they were published.

SUZANNE SOMERS' FAST AND EASY: Lose Weight the Somersize Way with Quick, Delicious Meals for the Entire Family (Crown; 2003), debuted in the #1 spot on the New York Times bestseller list after just one week on sale. In November 2004, Crown published SOMERSIZE CHOCOLATE:, 30 Delicious, Guilt-Free Desserts for the Carb-Conscious Chocolate Lover. This title featured a variety of decadent treats made with Suzanne’s signature product, SomerSweet, a delicious sweetener blended with natural sweet fiber to take the place of sugar. Less than one week on sale, SUZANNE SOMERS' SLIM AND SEXY FOREVER, (Crown; April 2005) became an immediate New York Times bestseller, debuting as well on the bestseller lists of The Wall Street Journal, USA Today, and Publishers Weekly. There are currently more than 25 million copies of Suzanne’s books in print.

Suzanne also published KEEPING SECRETS, (Warner Books; 1988), her powerful New York Times bestselling autobiography, which chronicled her childhood as the daughter of an abusive alcoholic and the effect that had on her life also,became a movie. In 1998, she wrote AFTER THE FALL, (Crown), its moving and inspiring sequel, which revisited her years before and after “Three’s Company,” and candidly explored the pain and triumph of blending families. In addition, Suzanne is the author of 365 WAYS TO CHANGE YOUR LIFE, inspirational guide of daily affirmations (Crown; 1999), and WEDNESDAY'S CHILDREN, which discusses adult survivors of abuse. Her first book, TOUCH ME, (Workman Publishing), a lauded collection of her poems, was originally published in 1973.

A savvy businesswoman, Suzanne has created a highly successful and extensive branded product line available on her web site, suzannesomers.com, including food, cook’s tools, beauty, fashion, jewelry, and fitness products. One of the very first entrepreneurs to understand and apply the power of infomercials
and shopping on television, she introduced her Somersize food, beauty items, apparel, and personal fitness products to consumers on Home Shopping Network in 1992, quickly becoming one of HSN’s biggest success stories as a top-selling, trusted brand name. After 17 record-breaking years at HSN, Suzanne moved to ShopNBC, where she launched her line of vitamins and supplements—helping women and men maintain the nutritional balance they need for optimum health and vibrant longevity.

She is the owner of the flourishing line of THIGHMASTER personal fitness products (more than 10 million sold). FACEMASTER, a facial toning system, was introduced to consumers in 1995 and continues to be Suzanne's top selling beauty product. Recognizing her outstanding success and noting her as a pioneer in the electronic retailing industry, the Electronic Retailing Association presented Suzanne with its Lifetime Achievement Award in September 2005. In July 2008, she added the Suzanne Somers EZ GYM, a revolutionary portable gym, to her top-selling fitness line.

Suzanne has toured extensively with her nightclub act and lecture series for the past 35 years and was named LAS VEGAS FEMALE ENTERTAINER OF THE YEAR in 1986.

Suzanne’s most recent telefilm work includes the lead role in the USA Network movie, “No Laughing Matter.” Playing an alcoholic, single mother, Suzanne did a great deal of research and drew on her own painful childhood to bring startling realism to the part. She starred in “Devil’s Food,” a 1996 Lifetime made-for-television movie, and produced and starred in “Seduced by Evil” for the USA Network in 1994, “Exclusive” for ABC-TV in 1992, as well as “Keeping Secrets,” an adaptation of her autobiography for ABC-TV. Her television and feature film credits also include “Happily Ever After,” “Nothing Personal,” “Sky Heist,” “Yesterday’s Hero,” “Serial Mom,” “Hearts of Stone,” “The
Darklings,” and “Say It Isn’t So.”

In January 2003, the entertainment community recognized Suzanne with a STAR ON THE HOLLYWOOD WALK OF FAME. She was the 1999 Hall of Fame Inductee of Books for a Better Life, which honors the year’s most outstanding self-improvement books. In 2000, she received the Rick Weiss Humanitarian Award for her ongoing fundraising efforts for AIDS-related projects. Suzanne’s other honors include the 1997 WOMAN OF THE YEAR award for her contribution to the research, education, and prevention of alcoholism in families; the first R. Brinkley Smithers Award, established in 1995 to honor a chief architect in the field of alcoholism research; and the 1993 “Mother of the Year” award from The National Mother’s Day Committee in New York City.

A knowledgeable, dedicated health care advocate, Suzanne received the Humanitarian Award from the National Council on Alcoholism, and the Distinguished Achievement in Public Service Award from the U.S. Department of Health and Human Services. She has served as National Chairperson of the National Association for Children of Alcoholics twice and most notably, was the first layperson named to the American Psychiatric Foundation’s board of directors. She also served on the Substance Abuse and Mental Health Services Administration (SAMHSA) National Advisory Council to the Secretary of Health and Human Services.

A sought-after speaker and lecturer on the topic of A NEW WAY TO AGE, Suzanne has spoken to audiences of up to 50,000 people. She is the founder of the Suzanne Somers Institute for the Effects of Addiction on Families.

Suzanne and her husband Alan Hamel, whom she first met in 1968, are something of an anomaly in Hollywood, having enjoyed an enduring relationship for 48 years. Together, they have two
sons, a daughter, and six grandchildren. They live in Los Angeles, where they oversee a manufacturing and marketing company that annually produces more than 1,000 products that are marketed globally.

Suzanne Somers’ Career Highlights and Major Accomplishments
1973 - “American Graffiti”; Touch Me (book of poetry)
1977-82 - “Three’s Company” TV series
1978 - People’s Choice Award for Best Actress in a New Television Series
1986 - Las Vegas Entertainer of the Year
1987-89 - “She’s the Sheriff” TV series
1991-97 - “Step by Step” (TV series with Patrick Duffy)
1992 - People’s Choice award for Best Actress in a New Television Series; “Exclusive” (movie for ABC); Wednesday’s Children (book)
1992 - Suzanne introduces her skin and hair products, apparel, and Somersize food products to consumers on Home Shopping Network
1993 - Mother of the Year Award given by The National Mother’s Day committee in N.Y.
1994 - “Seduced by Evil” (movie on USA Network)
1996 - “Devil’s Food” (Lifetime made-for-television movie)
1997 - Suzanne Somers’ Eat Great, Lose Weight (New York Times bestselling book); KNX Woman of the Year Award
1998 - After the Fall (book)
1998-00 - “Candid Camera” TV series co-host
1999 - 365 Ways to Change Your Life (book)
1999 - Books for a Better Life Hall of Fame Inductee
2000 - Rick Weiss Humanitarian Award (first honoree)
2001 - Suzanne Somers’ Eat, Cheat and Melt the Fat Away (New
York Times bestselling book); Somersize Desserts (book)
2002 - Suzanne Somers’ Somersize Recipe Contest Cookbook (book)
2003 - BodyRow – newest fitness product introduced on national television
2004 - The Sexy Years (New York Times bestselling book)
2004 - Somersize Chocolate: 30 Delicious, Guilt-Free Desserts for the Carb-Conscious Chocolate Lover (book)
2005 - Somersize Cocktails (book); Somersize Appetizers (book)
2005 - “The Blonde in the Thunderbird” debuted on Broadway
2006 - Launched her direct sales company, SUZANNE
2008 - Breakthrough (New York Times instant bestselling book); Suzanne Somers EZ GYM introduced
2009 - Knockout (Debuted as #1 New York Times bestselling book)
2010 - “Suzanne Somers’ BREAKTHROUGH Tour” cinematic event premiered at theaters nationwide
2010 - Sexy Forever (#1 New York Times bestselling book) and Suzanne’s complete program with meal plans, recipes, and coaching at SexyForever.com
2011 - The Sexy Forever Recipe Bible (published December 27, 2011)
2012 - “Suzanne Somers’ Breaking Through” premiered on CafeMom Studios YouTube channel in Jan.
2012 - “The SUZANNE Show” premiered on Lifetime in September
2012 - Bombshell (Instant New York Times bestselling book)
2013 - Suzanne received an Emmy nomination as Outstanding Host for “The SUZANNE Show”
2013 - I’m Too Young for This! (Instant New York Times bestselling book)
2014 - Knockout is #1 bestselling book in China for more than 16 weeks
2015 - Suzanne hit the dance floor with ABC-TV’s “Dancing with the Stars” 10th anniversary season
2015 - TOX-SICK debuted at #3 on the New York Times bestsellers list; ThighMaster Vibrato introduced
2015 - Suzanne just opened to raves for her bawdy, fun, romantic show “SUZANNE” in Las Vegas.

• Humanitarian Award from the National Council on Alcoholism
• Distinguished Achievement in Public Service Award from the U.S. Department of Health and Human Services
• Served two terms as National Honorary Chairperson of the National Association for Children of Alcoholics
• First layperson named to the American Psychiatric Foundation’s Board of Directors
• Selected to serve on the Substance Abuse and Mental Services Administration (SAMHSA) National Advisory Council to the Secretary of Health and Human Services
• Sought-after lecturer on A NEW WAY TO AGE, HOW TO BECOME AN ENTREPRENEUR and THE FAMILY BUSINESS.
• Founder of the Suzanne Somers Institute for the Effects of Addition on Families
• Received Doctorate of Letters from National University

Visit www.SuzanneSomers.com; follow her on Facebook and @SuzanneSomers
Alan Hamel
Chairman/CEO
Somers Companies