



ABOUT THE AUTHOR

Dr. Jennifer Howard

Jennifer Howard, Ph.D., believes that everyone has the innate potential to access the wisdom, happiness, fulfillment, and peace we desire, and are passionately dedicated to helping people experience deep and lasting transformation for greater ease, freedom, and joy. A recognized thought leader on psychology and spirituality, Dr. Howard is an internationally known licensed psychotherapist, life and business coach, Nondual Kabbalistic Healer[®], professional speaker, and radio talk show host. She combines over 20 years of experience with extensive training and expertise in mind-body psychology, meditation, and the healing arts.

A *Huffington Post* blogger, she has appeared as an expert on numerous national network television shows, including: *The Maury Povich Show*, *Rolanda*, *America's Talking*, *Turning Point*, *Charles Perez*, and News Talk TV. On her weekly radio talk show, *A Conscious Life*, she has inspiring, informative, and fun conversations with such distinguished guests as Sharon Salzberg, Gay Hendricks, Hale Dvoskin, Marci Shimoff, Andrew Harvey, Bruce Lipton, Ph.D., Sonia Choquette, Mathew Fox, Bernie Siegel, M.D., Lama Surya Das, and Rabbi Rami Shapiro, among others. Dr. Howard maintains a private practice with offices in New York City and Long Island, and has an extensive phone practice.

Dr. Howard is the author of *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*. This “workshop in a book,” based upon solid psychological principles and profound spiritual practices, guides readers to achieve change on all levels—physical, emotional, mental, spiritual—and live from a deeper sense of self. This book asks, why settle for average, when the potential to live an amazing life is inside you, right now?

Dr. Jennifer Howard teaches the art of conscious living—being more awake, aware, and alive in every moment. She's equally at home sharing ancient spiritual wisdom, the latest scientific understanding, and the proven and practical life-changing techniques she's developed in her work as a psychotherapist, energy healer, and spiritual teacher. As an author and professional speaker, Dr. Howard's energetic style, along with her sense of humor, helps her audiences—beginner and advanced alike—assimilate what's being taught, even when the material appears complex. She's a former faculty member of the graduate studies program, A Society of Souls: The School for Nondual Healing and Awakening, and taught meditation classes for many years at Marble Collegiate Church, in New York City.

Dr. Jennifer, as she's known in social media, was named one of the TOP 25 Celebrity Doctors on Twitter, as well as being dubbed, "The Funniest Shrink on Twitter." She's also gained a reputation

on Facebook for her compassion, as well as her wit. She's the creator of the audio series, *The Keys to Healthy Relationships*, and the CD, *Paths of Healing: Meditations for Relaxation and Healing*. To find out about Dr. Howard's upcoming classes, seminars, and workshops, as well as the products she has available, visit:

- media website: www.DrJenniferHoward.com,
- twitter: @DrJennifer
- facebook: www.facebook.com/DrJenniferFanPage

You can also go to www.YourUltimateLifePlan.com to download free meditations, exercises, journaling prompts and worksheets from *Your Ultimate Life Plan*.