Real Women Talking

Jennifer Finkelstein is the mother of 11-year old twin boys: a blue-eyed boy and a brown eyed boy. She lives outside of Philadelphia, near where she was born and raised and close to her "village." She works as a full-time psychotherapist: providing therapy, clinical assessments, crisis intervention, and presentations to employees, in both the federal and private sector. Over the past decade, Jennifer has seen hundreds of women struggling with work/life balance and issues related to "having it all" while also mothering. This recurring theme inspired Jennifer to focus on the issues facing mothers today as they try to "do it all," and "have it all," without losing their minds. Jennifer, in her daily clinical work, teaches women how to adopt the mantra *Positive Selfishness*, and how to overcome various obstacles, both practical and emotional ones, that stand in their way of self-care. Jennifer received her Bachelor of Arts degree from Emory University (where she met her dear friend and co-author), and graduated with a Masters degree from the Columbia University School of Social Work. She is a Licensed Clinical Social Worker and a Certified Employee Assistance Professional and enjoys speaking on various wellness topics, with her co-author, topics that are near and dear to her heart.