

POLLY YOUNG-EISENDRATH, PH.D.

Polly Young-Eisendrath, Ph.D., is a psychologist, writer, speaker, and Jungian analyst who has published 19 books including, *The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance* and *Love Between Equals: Relationship as a Spiritual Path*. She is the co-author, with Jean Pieniadz, Ph.D., of *Dialogue Therapy for Couples and Real Dialogue for Opposing Sides: Methods Based on Psychoanalysis and Mindfulness*. She hosts the popular podcast *ENEMIES: From War to Wisdom* that provides a fresh look at human hostilities and what to do about them. She is a lifelong Buddhist practitioner and a Mindfulness teacher.