

Elizabeth Power, M.Ed., of Nashville, TN USA makes peoples' lives sing! Power helps folks cope with change, increase resilience, and master trauma. She is the Founder of The Trauma Informed Academy and an adjunct instructor in Psychiatry at Georgetown University Medical Center, where she teaches Trauma-Informed Medical Care.

She helps people change how they respond to what has happened in their lives or the lives of those they care for. She integrates Emotional Intelligence with skills that relieve the impact of trauma, making evidence-informed work user friendly.

Power is an international best-selling author and her latest book, Healer: Reducing Crises, is the first in a series bringing her work home to readers everywhere. When she's not speaking, teaching, or writing, you'll find her in her garden. Her other books also focus on helping people learn, grow and change. Whether happiness, coping with change, or healing from trauma, she's your best bet for practical ,easy to read books (and, um, she's not the Romance Writer by the same name...)!