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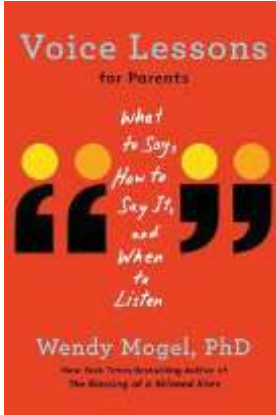
Dr. Wendy Mogel, PhD Clinical Psychologist, Parenting Expert, & *New York Times* Best-Selling Author

WHY WENDY MOGEL IS CAPTIVATING AUDIENCES

Dr. Mogel's disarming candor, quick wit, and signature use of cutting-edge psychological research guides parents through the rough waters of child-rearing, adding a measure of joy and humor to their voyage. Drawing on insights from her thirty-five year career in clinical psychology, hilarious anecdotes (and sound advice) from school and camp counselors, and eye-opening conversations with middle and high school students, Dr. Mogel unravels the paradox of good-intentioned, devoted parenting gone astray. She explains how over-protection, over-scheduling, over-indulgence and perfectionism undermine children's intrinsic motivation, resilience, and pride in their achievements. Parents are freed to adopt a kinder, firmer, and ultimately more effective approach to the trenches of daily family life.

ABOUT WENDY MOGEL

Dr. Wendy Mogel is an internationally acclaimed psychologist, author, and public speaker. *Publisher's Weekly* gave her—now classic—parenting book, *The Blessing of a Skinned Knee*, a starred review, calling it “impassioned, lyrical and eminently practical...a real treasure.” Her revelatory second release, *The Blessing of a B Minus*, addresses the challenge of parenting adolescents in a culture of anxiety and entitlement. *Publisher's Weekly* raved, “Mogel's compassion and authenticity will ring true with parents of all faiths facing the tumultuous teen years.” A revised and edition of *The Blessing of a Skinned Knee*, updated for the smartphone age, was released on July 7, 2017.



Mogel’s third book, released in April 2018, is about cultivating the art of conversation—from infancy to adulthood—in an age of hurry, worry, and digital distraction. In *Voice Lessons*, Mogel elaborates on a novel clinical approach she began talking with parents who were struggling with their kids, demonstrating how a shift in tone, tempo, and body language led to a surprising outcome: the children responded by cooperating with greater alacrity, and communicating with more warmth, respect, and sincerity. As the parents found their voices, so did the children. Mogel also addresses an obstacle that flummoxes even the most seasoned and confident parent: the distraction of digital devices, how they impact our connection with our families, and what we can do about it. *Voice Lessons* debuted to a deluge of praise, with international editions slated for release in the U.K., China, Hungary, Turkey, Russia, and all of the major Latin American markets.

Dr. Mogel is known for her enlightening, frank, and deft approach to “parenting” parents by supporting and guiding them in raising their children and coaching them into becoming mature stakeholders in our schools.

A graduate of Middlebury College, Wendy Mogel completed an internship and post-doctoral fellowship in Psychology in the Department of Psychiatry at Cedars-Sinai Medical Center in Los Angeles. She currently serves on the scientific advisory board of *Parents Magazine*. She contributes articles to a variety of publications including *Independent School Magazine*, *Parents Magazine*, and *Camping Magazine* and is regularly featured as a guest expert by The TODAY Show, and in interviews by reporters from *The New York Times*, *The Chicago Tribune*, *The Wall Street Journal*, *Forbes*, *Newsweek*, CNN, and NPR.

In 2006, *The New York Times Sunday Magazine* published a profile of Dr. Mogel and her work: “So the Torah is a Parenting Guide” by Emily Bazelon. It was the most-emailed article on the Times site for a month.

Dr. Mogel currently lives and practices in Los Angeles. For more information, visit her website at www.wendymogel.com.

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