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Jennifer Louden is the author of The Life Organizer and The Woman's Comfort Book. A personal growth pioneer who helped launch the self-care movement, she s written five additional books on well-being and whole living that have inspired women all over the world.

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Jennifer Louden

Jen Louden is a personal growth pioneer who helped launch the self-care movement with her first book The Woman's Comfort Book. She's the author of 5 additional books on well-being and whole living, including The Life Organizer, that have inspired more than a million women in 9 languages.

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THE LIFE ORGANIZER A Woman's Guide to a Mindful Year

Author Jennifer Louden talks about how THE LIFE ORGANIZER's heart-centered, spirit-directed approach for shaping our lives by listening to -- and then heeding the still, small voice within.

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