

# About dr shefali dr shefali

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Dr. Shefali: A Renowned Author, Educator, and Podcast Host\*\*

Dr. Shefali Tsabary, widely known as Dr. Shefali, is an internationally acclaimed clinical psychologist, author, and speaker. She has gained recognition for her groundbreaking work in child and adolescent development, family dynamics, and personal growth.

### **Personal Life:**

Dr. Shefali is married to Zubin Tsabary, a renowned spiritual teacher and author. They have two children together.

### **Professional Accomplishments:**

Dr. Shefali holds a doctorate in clinical psychology from Columbia University and has over 20 years of experience in the field. She is the author of several best-selling books, including "The Conscious Parent," "The Awakened Family," and "Out of Control."

### **Podcast and Media Presence:**

Dr. Shefali hosts the popular podcast "Conscious Conversations," where she engages in deep dives into parenting, child development, and personal transformation. She has also been featured on numerous television and radio shows, including "Oprah," "The Today Show," and "CBS This Morning."

### **Family Connections:**

Dr. Shefali's brother is Vivek Murthy, the 19th Surgeon General of the United States.

## Other Notable Individuals with the Name Shefali:

- Shefali Shah, an Indian actress known for her roles in films like "Dil Dhadakne Do" and "Jalsa"
- Shefali Sharma, a former Indian cricketer
- Shefali Jariwala, an Indian television actress and reality star

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