

POLLY YOUNG-EISENDRATH, PH.D.

Polly Young-Eisendrath, Ph.D., is a Jungian analyst, psychologist, and psychotherapist in private practice. She is Clinical Associate Professor of Psychiatry at the University of Vermont and the founder and director of the Institute for Dialogue Therapy. She is past president of the Vermont Association for Psychoanalytic Studies and a founding member of the Vermont Institute for the Psychotherapies. She is the author, co-author, or editor of eighteen books, ranging from parenting, adult development, intimate and parental love, Buddhist theory, Jungian psychology to women's development, couple therapy, couple development, and various paths to awakening/enlightenment from meditation to personal love. These books have been translated into more than twenty languages. Her most recent works are *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. Dr. Young-Eisendrath is a lifelong Buddhist practitioner in Zen, Tibetan, and Vipassana lineages and brings decades of leadership in mindfulness practice within the Buddhist context as well as integrated into her clinical work.