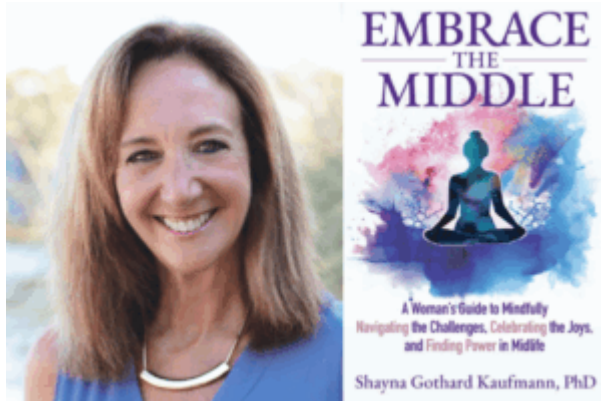


[June 27, 2-3: Author Talk with Dr. Shayna Kaufmann](#)



Dr. Shayna Kaufmann is a clinical psychologist, certified mindfulness meditation teacher, decades-long Zen practitioner, and Founder of Embrace the Middle—a company dedicated to serving women in midlife.

In her latest work, “Embrace the Middle”, she blends research and anecdotes to craft an intimate deep-dive into the messiness and joys of the middle decades.

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