

About the Author

Leonard Felder, Ph.D. is a licensed psychologist in West Los Angeles who has written 12 books on Jewish spirituality and personal growth that have sold over 1 million copies and were translated into 14 languages. His titles include “Seven Prayers That Can Change Your Life,” “The Ten Challenges,” “When Difficult Relatives Happen to Good People,” “Fitting In Is Overrated,” “Wake Up or Break Up,” and “Making Peace with Your Parents.” His new book is called “Here I Am: Using Jewish Spiritual Wisdom to Become More Present, Centered, and Available for Life.”

He has been invited nationwide to lead discussions on the connection between Jewish texts and daily psychological dilemmas at 35 temples and synagogues, 14 Jewish book fairs, plus dozens of churches and interfaith events. He has also appeared on over 200 radio and television programs, including Oprah, The Today Show, CNN, The CBS Early Show, NBC Nightly News, National Public Radio, Canada AM, and BBC London.

Active in several volunteer organizations, he received the Distinguished Merit Citation of the National Conference of Community and Justice for developing innovative programs to combat racism, sexism, homophobia, and religious prejudice. Dr. Felder’s books have also received numerous national awards, including the “1985 Nonfiction Book of the Year Award” from Medical Self-Care Magazine, “Best Jewish Writing 2002” from Jossey-Bass, “2008 Nonfiction Book of the Year” from Body and Soul Magazine, and “2008 Best 5 Psychology Books” from The Books for a Better Life Foundation in New York.

Dr. Felder and his wife Linda Schorin, a visual artist, live in Mar Vista, California with their son Steven. Originally from Detroit, Michigan, Leonard graduated with High Honors from Kenyon College in Ohio and worked in New York as the Director of Research for Doubleday and Company before completing his PhD in Psychology and becoming a therapist in Los Angeles.