

Susan Stiffelman, MFT

Susan Stiffelman is a licensed Marriage, Family and Child Therapist and the author *Parenting Without Power Struggles* and *Parenting With Presence* (an Eckhart Tolle Edition). Her work focuses on helping parents forge deep attachment with their children while functioning as the calm, confident, “Captain of the ship”—clear, compassionate, decisive, and connected.

Susan works personally with parents in her monthly Parenting Without Power Struggles membership and also co-facilitates a support group with Wendy Behary on Co-Parenting With a Narcissist.

She hosts a popular podcast with over a million downloads and offers online classes with collaborators including Dr. Dan Siegel, Byron Katie, and Dr. Mona Delahooke.

Ms. Stiffelman is a popular speaker who has presented workshops around the world—from Google in California, to parent groups in Senegal, Paris, and Kansas.

Susan taught herself Hindi as a teenager, developing fluency by calling people named "Singh" out of the phone book and has long been an avid traveler, taking her then 15 year old son on an extended trip which included volunteering at the compound of a former Black Panther in Tanzania and spending time at a village school in Maori establishments in New Zealand.

Susan has always made the nourishment of her heart and soul the number one priority. She is a lifelong meditator, and is deeply committed to enjoying her life and living with gratitude and joy.