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Jennifer Louden is the author of The Life Organizer and The Woman's Comfort Book. A personal growth pioneer who helped launch the self-care movement, she's written five additional books on well-being and whole living that have inspired women all over the world.

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Jennifer Louden helped start the self-care movement with her first book, The Woman's Comfort Book. She has written five more books, created vibrant online communities, led hundreds of retreats and online courses, and spoken around the world, all in service to helping women create gorgeous lives they love.

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