

JEN GALLAGHER

Author of

LOSE WEIGHT PEACEFULLY

Born and raised in Brisbane, Australia, Jen went on her first diet at just 10 years old. She was an obese child who turned into a thin adolescent and a fat adult on a continuous roller-coaster ride of obsessing, dieting or binging with food. When she left school, she started a career in nursing. At 18 years old she weighed some 100 kilograms. But at 28, after completing a Bachelor of Education and becoming a science and mathematics teacher, Jen's weight had ballooned to more than 112 kilograms.

Jen completed her Master's Degree in Guidance and Counselling, and worked another four years as a school counsellor. In spite of spending 20 years in health and education helping many others on their personal journey, she still struggled with her weight. It was then Jen made a breakthrough and made peace with food. After two separate crises, she discovered a simple approach to stop dieting, find peace and get on with life. She quickly lost 30 kilograms and is now the ideal weight for her body shape and size.

Jen felt so empowered and full of confidence that she followed her passion for aromatherapy and now operates her own successful business, Essential Oil Goddess, where she educates others on the power of essential oils. She holds regular workshops on health, wellbeing and aromatherapy.

In 2009, after discussing her weight loss journey with many people, Jen knew it was time to share her story with a wider audience and help others who struggle with their weight, food and diet obsession.

Earlier this year, Jen and her partner of nine years went on a three-week Pacific cruise to Hawaii where they were married on the beautiful beach at Makena Cove on Maui, Hawaii. Jen's favourite pastimes are horse riding, walking, spending time with her family, listening to the ocean and enjoys growing her own herbs and vegetables. She is committed to organic and chemical-free living and believes this contributed to her life-changing weight-loss journey. Jen now leads a happy, confident and simple life in Brisbane with her husband, two boys, and dog Bunny.

**To arrange an interview please contact Jen Gallagher on
0401 089 233 or email jen@loseweightpeacefully.com**



*Before and after
finding peace with food*

