Dr. Jill Stoddard is passionate about sharing science-backed ideas from psychology to help people thrive. She is a licensed psychologist, author, professional and TEDx speaker, award-winning teacher, health coach, and co-host of the popular Psychologists Off the Clock podcast. Dr. Stoddard is the founder and CEO of Flexible Communications, LLC, in Massachusetts, and the Founder and Director of The Center for Stress and Anxiety Management in California. She is the author of three books which have been translated into ten languages: *The Big Book of ACT Metaphors: A Practitioner’s Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy; Be Mighty: A Woman’s Guide to Liberation from Anxiety, Worry, and Stress Using Mindfulness and Acceptance;* and *Imposter No More: Overcome Self-doubt and Imposterism to Cultivate a Successful Career*. Her writing has also appeared in the Washington Post, Psychology Today, Scary Mommy, Thrive Global, The Good Men Project, and Mindful Return. She regularly appears on podcasts and as an expert source for various media outlets including Today.com, The New York Times, and The Washington Post. She lives in Newburyport, MA with her husband, two kids, and disobedient French Bulldog.