

Author Biography for **LESLIE VERNICK**



Leslie Vernick



Leslie Vernick is a licensed counselor with over 25 years of experience helping individuals, couples, and families. Leslie gently leads people to discover the courage to deal with destructive relationships, heal from a negative self-image or poor self-esteem, confidently speak thoughts and feelings in a constructive way, encounter God's peace in the midst of suffering or difficult loss, and develop the discipline to turn dreams and desires into reality.

Leslie is a national speaker and author with expertise on the subjects of personal and spiritual growth, marriage improvement, conflict resolution, depression, child abuse, and domestic violence. Leslie's books include:

- *The Emotionally Destructive Relationship*
- *Getting Over the Blues*
- *How to Find Selfless Joy in a Me-First World*
- *How to Live Right When Your Life Goes Wrong*
- *How to Act Right When Your Spouse Acts Wrong*

National print, television, and radio programs seek Leslie's comfortable and warm teaching style to help audiences improve their relationships. She is the Relationship Expert Columnist for *Today's Christian Woman* magazine and has also written articles for *Discipleship Journal* and *Marriage Partnership*. Media guest appearances include FamilyLife Today, Billy Graham Evangelistic Association, Moody Broadcasting, and FamilyNet Television.

After earning a master's degree in Social Work from the University of Illinois, Leslie conducted post graduate studies in cognitive therapy and counseling strategies for abuse victims. Today, she maintains a private Christian counseling practice in Pennsylvania and provides consulting services to local churches and pastors. She has also ministered internationally to church leaders and missionaries in Siberia, Russia, Manila, Philippines, and most recently Iraq.

Leslie is a member of the Academy of Certified Social Workers, American Association of Christian Counselors, National Association of Social Workers (NASW), a diplomat in clinical social work with NASW, and serves on the board of directors for the Lighthouse Network. She and her husband, Howard, have been married 31 years and have two grown children.