

About Jane Wyker

Author of *Soul Selfish: The Awakening of a “Good Girl”*



Jane Wyker, an 80-year-young accomplished family counselor, former teacher and spiritual explorer, is a smart, passionate woman, eager to share the fruits of her forty-six-year inner journey. Her memoir, a debut book, aims to do just that.

Soul Selfish: The Awakening of a “Good Girl” (Lioncrest, June 2016) explains the importance of becoming aligned with your true self to create a path to sustained happiness.

In *Soul Selfish*, Wyker illustrates how her childhood patterns of being a “good girl” continued into mid-life, as she routinely prioritized others’ needs and desires before her own. Through insightful and spiritually uplifting stories, she shares her journey towards happiness, creativity, freedom and peace possible for anyone dedicated to honoring their authentic self—their soul.

Wyker experienced many of life’s challenges — marriage, parenting, divorce, indebtedness, career-building, forgiveness and loss. She believes that her stories will inspire women around the world, and the men who love them, to honor their true, authentic selves.

After her 18-year first marriage ended in divorce, she started her career as a parent educator, a brand new concept in 1977. She opened a school for parents, became known for her innovative program and quickly expanded into facilitating women’s personal development groups. In response to requests from participants, Wyker began counseling private clients about marriage and family issues, career, addiction and loss. She later developed a corporate seminar program focusing on parenting skills and balancing work and family responsibilities for working mothers. It was a topic she understood intimately as she managed her thriving career while raising her four children and pursuing her own spiritual growth.

Wyker earned an early childhood development degree from Cornell University and has spent decades studying psychological and spiritual personal development principles from master teachers.

When she is not spending time with her children, six grandchildren or traveling the world with her second husband of thirty years, she enjoys practicing Pilates, playing tennis, dancing and blogging on women’s issues.

For more information, please visit www.janewyker.com.