

Dr. Jenn Mann



Dr. Jenn Mann is one of the most well recognized psychotherapists in the country. Most known as the host and therapist for VH1's long standing hit shows *Couples Therapy with Dr. Jenn* and *Family Therapy with Dr. Jenn*, she has appeared as a guest expert on hundreds of other shows including: *The Today Show*, *The Early Show*, *Dr. Oz*, *Wendy Williams*, *The Doctors*, *The Maury Show*, *Steve Harvey*, *Entertainment Tonight*, *Access Hollywood*, *The Insider*, and *Jimmy Kimmel Live*. She has been a host and/or cast member on many series including *Shopaholic 911 (Style)*, *Pretty Wicked (Oxygen)*, *Propose or Die (NBC)*, *Family Forensics (A&E)*, and *Married By America (Fox)*.

She is the author of multiple best selling advice books including: *The Relationship Fix: Dr. Jenn's Guide to Improving Communication, Connection & Intimacy*, *SuperBaby: 12 Ways to Give Your Child a Head Start In the First 3 Years* and *The A to Z Guide to Raising Happy Confident Kids* which have collectively spent five weeks on the best seller list. She is also the co-author of the children's book *Rockin' Babies* which she co-wrote with her mother, Grammy award winning songwriter Cynthia Weil. Her monthly Dr. Jenn column was printed in *Los Angeles Family Magazine* and nine other magazines and ran for over a decade. Her writing has won many awards including *The March of Dimes Community Award*, the *Molina Literacy Award*, multiple *Mom's Choice* awards, the *Purple Dragon Award* in children's literacy, and multiple awards from the *Parenting Publications of America*.

Dr. Jenn spent five years hosting her popular, five day a week, call-in advice radio show *The Dr. Jenn Show* on Sirius XM. Prior to that she co-hosted a nightly call-in advice show called *On the Couch with Bradley Wright* on Star 98.7 (then Clear Channel, now iHeart Radio). Before that, she had a weekly call in show on KEYT News called *Ask Dr. Jenn* where she spoke about current events and gave advice to callers. That show was live on KEYT televised news and simultaneously on the radio station. Dr. Jenn has hosted specials and done fill-in hosting on KFI, Playboy Radio and Stars.

Dr. Jenn wrote her doctoral dissertation on weight loss, eating disorders, body image and the use of intuitive eating. She created her popular weight loss app No More Diets application, which is currently available on iPhone & iPad, on that dissertation. She was part of the USA Gymnastics Taskforce on the female triad (eating disorders, amenorrhea and osteoporosis).

Dr. Jenn was an elite level rhythmic gymnast. She spent five years on the United States National Team, competed internationally, performed exhibitions in the 1984 Olympic Games, and was the junior national champion, winning five gold medals out of five. It was as a competitor, that she started studying sports psychology techniques. She later went on to do sports psychology consulting for USA Gymnastics and now provides her services in private practice to people at all levels, from recreational athletes to Olympic competitors.

Dr. Jenn spent years working for The Los Angeles Commission on Assaults Against Women (LACAAW, now called Peace Over Violence) as a rape and domestic violence counselor and provided accompaniments for rape survivors to hospitals and police stations. She trained hundreds of women to perform hotline counseling.



Dr. Jenn is a licensed Marriage, Family and Child Therapist (L.M.F.T) and has been in private practice for almost three decades. She lives in Beverly Hills, California with her partner Eric Schiffer and twin daughters, Quincy and Mendez. To learn more about Dr. Jenn visit her Twitter, Instagram, Facebook and Snapchat @DrJennMann.