

# AUTHOR TALK EVENT

*by Author*



● Dr. Shayna Kaufmann

## EMBRACE THE MIDDLE



A Woman's Guide to Mindfully  
Navigating the Challenges, Celebrating the Joys,  
and Finding Power in Midlife

Shayna Gothard Kaufmann, PhD

Friday, June 27th, 2025  
2pm-3pm

Dr. Shayna Kaufmann is a clinical psychologist, certified mindfulness meditation teacher, decades-long Zen practitioner, and Founder of Embrace the Middle—a company dedicated to serving women in midlife.

In her latest work, “Embrace the Middle”, she blends research and anecdotes to craft an intimate deep-dive into the messiness and joys of the middle decades.



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