

FOR IMMEDIATE RELEASE

Dr. Jennifer Howard Helps Those Dealing with Seasonal Affective Disorder (SAD)

NEW YORK – Media savvy psychotherapist Dr. Jennifer Howard (@DrJennifer) weighs in on [Seasonal Affective Disorder](#), a type of depression that affects one in five Americans each year. Dr. Howard not only responds to a recent *New York Times* article covering this topic, but offers helpful suggestions to those dealing with SAD.

With the rough, snowy winter across the country this year, people are feeling isolated, but Dr. Howard encourages those struggling with SAD to take advantage of dawn simulators, brisk walks, yoga and meditation to get through the cold months. For more information, visit Dr. Howard's blog, "[Tired of Winter?](#)"

About Dr. Jennifer Howard

Dr. Jennifer Howard teaches the art of Conscious Living. She is equally at home sharing ancient spiritual wisdom, the latest scientific understanding, and proven and practical life changing techniques culled from over 20 years as an internationally acclaimed coach, licensed psychotherapist, teacher, and energy healer. As a professional speaker and author, Dr. Jennifer's energetic style, along with her sense of humor, helps her audiences--beginner and advanced alike--assimilate what is being taught, even when the material appears to be complex. She has offices in New York, leads a variety of teleseminars and is a leading thought leader on spirituality and psychology. Having appeared as an expert on numerous national network television shows, she is also the host of the popular radio show, "A Conscious Life." Dr. Jennifer Howard was named one of the TOP 25 Celebrity Doctors on Twitter, one of the Top 100 Health Web sites and has been dubbed "The Funniest Shrink on Twitter." Dr. Howard is available for interview.

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