

STEPHANIE FOO

“Stephanie Foo is a force of nature.” —Nicholas Quah

Stephanie Foo is the NYT Bestselling author of *What My Bones Know: A Memoir of Healing from Complex Trauma*, a searing memoir of reckoning and healing she wrote after being diagnosed with complex PTSD.

Hailed as one of the best books of the year by *Cosmopolitan*, NPR, *Mashable*, *She Reads*, and *Publishers Weekly*, *What My Bones Know* is powerful and brave. Lori Gottlieb calls Stephanie’s memoir, “Achingly exquisite...providing real hope for those who long to heal.”

Stephanie has always been obsessed with stories. As a child, she created comics, got her start in print journalism, then became fascinated with audio narratives. During her time working for *This American Life*, she reported, edited, and mixed radio stories and often produced entire shows. She helped create the national radio show *Snap Judgment*, and her work has been showcased on numerous podcasts, such as *Reply All*, *99 Percent Invisibilia*, and *Radiolab*. Stephanie also produced an Emmy-winning video short for *This American Life*.

Stephanie has written for *Vox* and *The New York Times*, and from 2019-2020, she was a Rosalynn Carter Mental Health Fellow. A noted speaker and instructor, she has taught at Columbia University and has spoken at venues from Sundance Film Festival to the Missouri Department of Mental Health.

When she’s not telling stories, you can find Stephanie in Forest Park, saving trees and harvesting acorns as one of the park’s six “Super Stewards.”