



Leah Peterson is a Queer, Gender-fluid Writer, Sex & Body Positive Health & Wellness Mentor, Speaker, and Mental Health Advocate.

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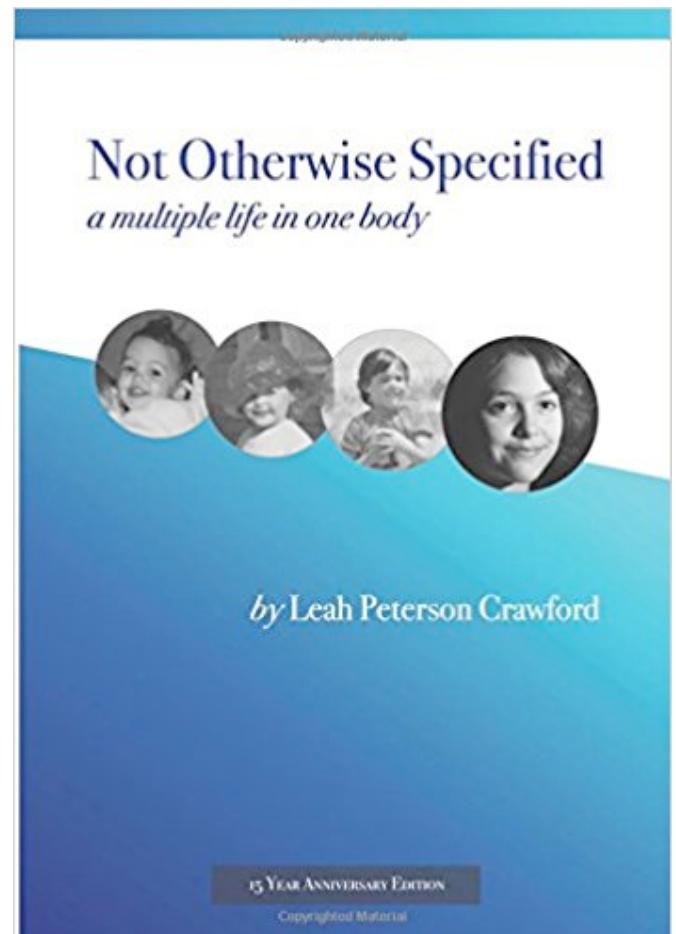
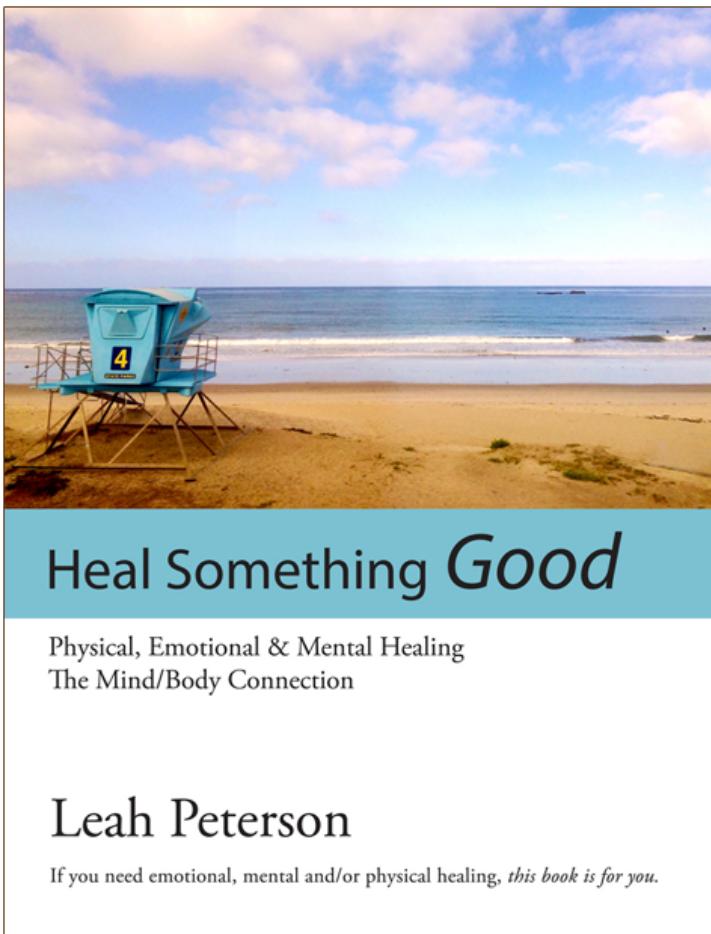


Phone

760.594.4212

One of the first bloggers to speak openly about her own mental health online in 2002, Leah paved the way for a deeper conversation about the stigma and impact of mental illness. As a queer, gender-fluid writer, Leah is passionate about promoting sex and body positivity in her health & wellness mentoring. Leah wrote a guide book for healing, *Heal Something Good*, which has been used in retreats and healing centers around the USA.

Her online interview series (2004-2007) was one of the first of its kind, bringing to the forefront up-and-coming bloggers as well as highlighting established writers and authors. Leah worked as a consultant on the HBO series, *United States of Tara*, starring Toni Collette and produced by Diablo Cody, where Leah's book, *Not Otherwise Specified*, was used as a springboard for the main character, a woman living with Multiple Personalities. Leah uses her voice to educate and encourage others to live a healthy life as well as sing badly in the car (with the windows rolled up).



Services

Writing

Leah's sought-after writing style is well-crafted, personable, informative, and friendly. Topics include:

- * Gender & Queer Issues
- * Health & Wellness
- * Social Justice
- * Chronic Illness
- * Sex and Body Positivity
- * Highly Sensitive Person (HSP)
- * Mind/Body Connection

Speaking

Leah is available to speak to groups, teach engaging classes and lead panels on Mental Health, Health & Wellness, Art & Creativity for Healing, and Gender Issues. Services include:

- * Classes
- * Workshops
- * Special Events
- * Meetup Groups
- * Panels
- * Conferences
- * One-on-One Mentoring



Media Features

After reading Leah's first book, *Not Otherwise Specified*, about living with a dissociative disorder, award-winning writer/producer Diablo Cody asked Leah to be a consultant for her critically-acclaimed Showtime series, *The United States of Tara*, (2009-2011) starring Toni Collette playing a woman with DID.



Leah consulted for all three seasons of USOT, going in to speak to the writer's room and answer questions relating to her own life with mental illness at the beginning of each writing season and sometimes asked in during filming to review occasional plot points. Leah was appreciated for her open and frank conversations with the writers and actors.

Speaking Engagements & Travel

Nora meets Juan Valdez after winning the Feel Good Factor contest.



Leah was sent to meet Juan Valdez and cover the coffee trade in Colombia by Blogher in 2008. She took video, did interviews, and wrote blog posts to report on the trip. Blogher also sent Leah to the Republican National Convention in 2008 to do a video series with Mary Katherine Ham.

Leah was moderator of the international *The Art of Crafts* panel plus conference wrangler for author and actress Amy Sedaris at Blogher 2007. She was also moderator of the *Using Other Forms of Media - Photography, Audio, Video, Art - To Enhance Your Website* panel at Mom 2.0 in 2010. Leah spoke on the panel *Sensitive Topics and Outreach* at Blogher 2006 on the subject of being public about living with mental illness.

At the 2014 Blogher conference, Leah created the *Flawed but Authentic Self-Care* room where hundreds of women came to take a break, get a hand massage, and get their portrait taken by photographer Katie Gardner while listening to inspirational messages.



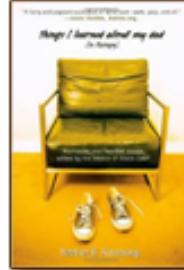
Books & Published Works



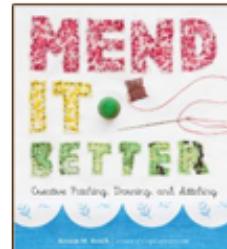
Heal Something Good



Not Otherwise Specified



Things I Learned About My Dad



Mend It Better



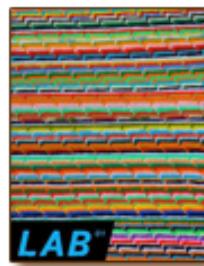
True Mom Confessions



Fray



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LAB



CRAFT



Creative Humans

H THE HUFFINGTON POST
BlogHer
coolmompicks

U-T
San Diego
LAMP Host

leahpeah
TRY HANDMADE
Real Mental

Testimonials



Diablo Cody
Writer, Producer
Director

“Leah Peterson never stops creating. She’s a quintuple threat: writer, artist, consultant, mother, and all-around rock star. She’s proof that inspiration is contagious; just being around her makes me feel like I want to do more and be more.,”



Karen Walrond
Author, Photoessayist

“Leah Peterson’s warmth, intelligence and incisive humour makes watching one of her interviews a real joy. She’s witty without being condescending, and probing without being prying. I love watching her speak, and working with her has always been a delight. Would that more interviewers and speakers had her style and charisma! ,”



A. E.

“It has been such a beautiful experience, uncovering bits of me that I did not know I had; protections and layers that I did not know I had built. Leah has taught me how to be self aware, soothe my anxieties and fears, recognize my emotions and where they may be stuck. Every time I walk out of her office, I am lighter, a little more myself, and a little more resolute in taking the next steps in my story. I want everyone I know to experience Leah, her love, and her touch. She is amazing. ,”



Brett Baer
Producer, Writer

“Leah's been our biggest asset at The United States of Tara. As a consultant, her open and honest answers to our never-ending onslaught of intrusive and far too personal questions have proven immeasurably invaluable. We're lucky to have Leah's innate ability to explain even the most complicated psychological dynamics with clarity and a healthy dose of humor. ,”



K.A.

“As someone who is highly committed to my personal growth and soul journey, I was grateful when Leah entered my life. She has supported me in uncovering layers of old patterns and beliefs that do not serve me anymore. In each session, she creates a safe space to shine light on the dark shadows that have been hidden away for so long and helps welcome in deeper levels of self-love, acceptance, and inner strength that I never knew existed. I appreciate Leah for her compassion, intuitive guidance, and genuine desire to be of service. ,”



Rob Morhaim
Producer

“I've appeared on many panels in my career, and can honestly say that I've never seen a better prepared moderator than Leah Peterson. Leah asked insightful, thought-provoking questions and kept the discussion focused and on-track. ,”



Natalie Zee Drieu
*Former Editor-in-Chief,
CRAFT*

“Leah Peterson has real talent that comes through in her writing and speaking engagements. I've found her to be a great moderator: organized and insightful in her questions. In her writing for CRAFT, I've found them not only impeccably written but beautifully crafted as well. She has a way of bringing her fun personality into her writing that is truly unique. ,”



J.M.

“I have learned so much from working with Leah and she's also helped me uncover and reinforce things I already knew that I didn't quite know I knew. She's an incredibly gifted teacher and listener - she hears what I'm saying even when I have trouble finding the words to say it. I sleep better, work smarter, play more joyfully, and love with more tenderness and appreciation. ,”



Isabel Kallman
Alpha Mom Founder

“Leah was a wonderful video interview series producer. She was organized and prepared for her interviews and then was a first-take-Sally on camera. On-camera interviews are tough and Leah was a natural. More importantly she made the subjects feel comfortable and was able to bring the best out of them on camera.,”



S.R.

“Leah is unique and special as a health care advocate because she has lived the healing she is promoting. The uncommon wisdom she has come to understand through actual experience imbues her offerings with something extra. I hope you have the opportunity to work with her and make her valuable healing experiences your own.,”



Susan Myrland
Writer, Curator

“Leah’s art is like Leah herself - honest and authentic to the core. She explores territory and techniques fearlessly...She uncovers ideas that were hovering around the edges of our minds...Leah leads the way, telling us that it’s OK to explore these spaces, and that we must. ,”



N.R.

“Leah draws on her vast experience and creates a positive, proactive regimen to help her clients reach their own untapped potential. A powerhouse. ,”