

Esther Kane – Bio

Esther Kane, MSW, Registered Clinical Counselor, author and women's emotional well-being expert earned a Bachelor of Social Work from Toronto's Ryerson University before completing a Masters of Social Work from Vancouver's University of British Columbia by the time she was only 27 years of age. Not too shabby for a woman who at one point in her life contemplated dropping out of high school and leaving academia behind. But her passion to learn, grow and eventually help – especially women – won out, leading Esther to become a psychotherapist and to help her clients become “unstuck” in their lives. The prolific author has already penned three self-help books for girls/women in the past 3 years. They are: “What Your Mama Can't or Won't Teach You: Grown Women's Stories of Their Teen Years” (www.guidebooktowomanhood.com), “Dump That Chump: A Ten-Step Plan for Ending Bad Relationships and Attracting the Fabulous Partner You Deserve” (www.dumpthatchump.com) and her latest, “It's Not About the Food: A Woman's Guide To Making Peace with Food and Our Bodies” (www.endyoureatingdisorder.com).

Currently, the Vancouver Island 'Top 40 Under 40' award-winner (2006) is launching her latest book and audio program, “It's Not About the Food” – a book that is particularly near and dear to Esther's heart as she has over 15 years of solid recovery from a life-threatening eating disorder herself. Today, the happily married writer and psychotherapist who has her own private practice, is living the life she always dreamed of on the west coast of Canada. Her goal now is to help other women achieve their dreams – through her books and her free, monthly e-zine: www.estherkane.com.