

## *About the Author*

Judy Schreiber-Mosher, LCSW, was born in Brooklyn, New York, and grew up in Rockaway Beach, Long Island. A graduate of Smith College, she attended Columbia University, where she obtained her training in occupational therapy. After moving to Washington D.C. and working for fifteen years as an occupational therapist, she enrolled at Howard University, graduated with a master's degree in social work, and began her second career as a Licensed Clinical Social Worker and psychotherapist. Employed in this capacity for twenty-eight years by the National Institute of Mental Health, she specialized in working with people diagnosed with schizophrenia.

In 1996, Judy and her late husband, Dr. Loren Mosher, moved to San Diego, California. An adjunct faculty member at San Diego State University, she taught master's degree social work students strategies for treating the persistently mentally ill. Still residing in San Diego, she continues to practice as a psychotherapist while embarking on her third career – writing. Her work has been published in *Seasons of Life*, a national newsletter sponsored by VITAS Healthcare Corporation; *Self-Growth Newsletter*; and the *San Diego Union Tribune*.