

Writer Biography

Jennifer Lake is a business owner and freelance writer who is lead by curiosity and fueled by desire. She has articles featured on Mindbodygreen, Elephant Journal and The Manifestation. She thrives on taking complex problems and transmuting them into elegant and effective communication. Whether it is an article about the six best ways to handle daily challenges or a full length feature film she is up for the adventure that creativity provides. Her background in acting and improvisational theater gift her the uncanny ability to embody the character she is writing. She is a fully credentialed personal trainer and yoga teacher who believes strongly in the magic of self care through daily practices that elevate your mental, emotional, spiritual and physical health. When not working on creative projects she can be found in the dance studio or taking long impromptu bike rides with her eight year old daughter.