

## JENN FRIEDMAN'S AUTHOR AND ARTIST BIO

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[jennfriedman.com](http://jennfriedman.com) \* [personalbiasrecords.com](http://personalbiasrecords.com)

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Jenn Friedman is a Musician (singer/songwriter/piano-player), Author, and Eating Disorder Recovery Advocate from Brooklyn, NY. She has shared her recovery message through discussion and performance at various schools and recovery events, and released her first book, "Eating Disorders on the Wire: Music and Metaphor as Pathways to Recovery," through H.T.F.K. Press in March 2014. She also released a full-length album, "On the Wire," on Personal Bias Records. The book and music can be enjoyed together or separately, but both explore the emotional journey of an eating disorder through metaphor.

Most recently, Jenn presented at Monte Nido in New York City. She was also featured on "Your Life, Your Success," a podcast hosted by Anne-Sophie Reinhardt. Her music received airplay on Dan Herman's podcast, "Radio Crystal Blue." She also performed at Philadelphia's National Eating Disorder Awareness Walk in June, 2014.

Jenn presented at Insight Behavioral Health in Chicago in 2013, and was a featured artist at Rochester's 2012 National Eating Disorder Awareness Week fundraising event, performing alongside the Morgan Twins. She presented at Marymount College's NEDAW 2011 recovery panel and returned to SUNY Purchase after having graduated to share her story and encourage others. In 2014, Jenn performed her song "We Walk On" from "On the Wire" at the National Eating Disorders Association (NEDA) walk in Philadelphia.

Jenn co-organized the 2010 family-centered conference, "Journey to Hope," alongside "Reaching Out Against Eating Disorders" and "Rochester Adolescent Mentoring Services." She performed at a 2009 Caron Foundation Benefit in Rochester, NY. She also performed on various psychiatric hospital units as an artist for Hospital Audiences, Inc. Jenn is the founder of the Facebook group, "Eating Disorder Awareness," currently run by Robyn Husa Farrell of Mental Fitness, Inc. and consisting of 2,000 members. She has been a repeat interviewee on its weekly "Eating Disorder Recovery Awareness Interview Series."

The music / book compilation, "You Are Not Alone, Volume 2" (April Dew Publishing, 2009) included Jenn's recovery story. She took her love of artistic collaboration to the stage as Music Director for MixTape Dance Company in 2012. She also previously recorded two self-released albums of original music.

While attending Purchase College, SUNY, Jenn studied Music Composition. She also served as Resource Chair for "For Arts," a student-run organization that fostered collaboration of various artistic mediums. She later attended The New School's "Creative Arts Therapy" Certification Program.

The music from *On the Wire* can be streamed and purchased from [www.jennfriedman.com](http://www.jennfriedman.com), where her book is also available for purchase.