



dr. **tanya** douglas-holland

WOMEN'S HEALTH ADVOCATE | DO LESS. BE MORE. LIVE WELL.

OFFICIAL BIO

A dynamic speaker, public health professional and healthcare industry leader who has triumphed over a deep and personal battle with clinical depression, Dr. Tanya Douglas-Holland, MD, MPH is passionate about providing today's busy woman with candid, real-world platforms for healthy, happy living. In a style truly all her own, Dr. Tanya offers realistic tools and insight through engaging, creative initiatives that speak directly to everyday women. As founder & creator of the signature private escape series, *UNPLUGGED*, and author of *Mental Wealth*, *The 6 Secrets to Emotional Abundance*, Dr. Tanya is empowering & challenging women to take control of their mental, emotional, and physical health like never before.

Dr. Tanya graduated from Tulane University School of Medicine and received her postdoctoral training at Northwestern University. She received her public health degree from Emory Rollins School of Public Health. Today she serves as a Senior Medical Science Liaison in the Women's Health Division of a Global Pharmaceutical company. She currently resides in Atlanta with her husband and five year old daughter. To learn more about Dr Tanya's initiatives and read the UNPLUGGED BLOG, visit: www.unpluggedwithdrtanya.com



get it done overwhelmed be strong always busy
perfection too many commitments
kids career high expectations no time
errands to do
anxious keeping up appearances bills
debt exhausted need validation stressed out
overachiever superwoman don't want to disappoint

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