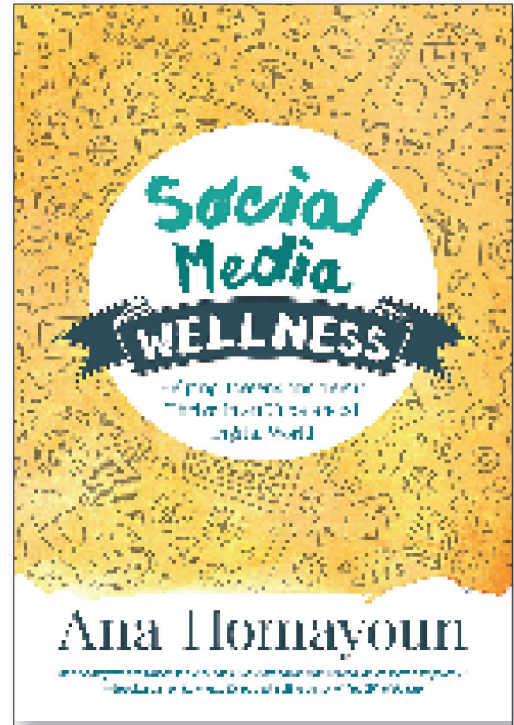


Meet Ana Homayoun

author of *Social Media Wellness*

Author of Social Media Wellness

In our always-on digital world, it can be hard for tweens and teens - and adults! - to successfully navigate online and IRL worlds. With empathy, compassion, and humor, noted Silicon Valley author Ana Homayoun discusses some of the modern parenting dilemmas in the age of the smartphone and speaks about her latest book, "Social Media Wellness: Helping Teens and Tweens Thrive in an Unbalanced Digital World." The book explores how the digital balancing act affects all aspects of our lives and personal wellness, and for students impacts academic abilities and social well-being as well as emotional and physical health.



About

Ana Homayoun

Ana Homayoun is a noted teen and millennial expert, author, speaker and educator. She is the author of three books: *That Crumpled Paper Was Due Last Week*, *The Myth of the Perfect Girl*, and her latest, *Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*. Ana speaks at schools and organizations all over the world about organization, time-management, personal purpose, and overall wellness, and her work has been featured in the *New York Times*, *Washington Post*, *Daily Beast*, *CNN*, *San Francisco Chronicle*, *San Jose Mercury News*, *Chicago Tribune*, and *ABC News*, among others. She is a frequent guest on NPR.