

**Shannon Sauer-Zavala, Ph.D.**

**Nationally-recognized expert on personality change**

**Short Form Media Bio:**

Dr. Shannon Sauer-Zavala is a clinical psychologist, author of the upcoming book, *The Personality Edit*, and a nationally recognized expert on personality change. Her groundbreaking research challenges the myth that personality is fixed. She even changed her own personality with the same science-backed approach she uses with her clients.

**Long Form Media Bio:**

Clinical Psychologist Dr. Shannon Sauer-Zavala is the author of *The Personality Edit and the BPD Compass Workbook*, a new approach to treating borderline personality disorder. She's also a nationally recognized expert on personality change, whose extensive research challenges the myth that personality is fixed. In her work, Dr. Shannon helps clients step into more aligned, effective versions of themselves with the same proven science-backed approach she used to transform her own personality.