

Author Biography

Short (about 50 words):

Kristina Cowan started writing when she was 5. Years later, she earned a master's degree in journalism from Northwestern University, and these days she covers mental health and women's issues. She lives in the Chicago area with her husband and two young children. *When Postpartum Packs a Punch* is her first book.

Long (400-600 words):

Kristina Cowan was born in a working-class suburb of Cleveland. Instead of splashing and dunking toys at bathtime, she brought a pen and paper into the tub and wrote stories—historical fiction, for example, about pilgrims celebrating Thanksgiving in the New World. At the public library she wandered away from the children's section, nosing her way into the grown-up aisles. Somehow she convinced her mother to check out books on prosimian biology and the space shuttle.

Curiosity set her on a path to Evanston, Ill., where she attended Northwestern University—twice. She first earned a bachelor's degree in speech, and returned a few years later for her master's degree in journalism. She moved to Washington, D.C., with Medill's graduate program to cover the election of 2000. After graduation, she landed a job covering higher-education policy, and eventually went on to cover Capitol Hill, as an energy and environment editor.

For nearly eight years she stayed inside the Beltway and relished the eight-day work weeks that are second nature to Washington journalists. Then an opportunity arose to pursue freelance writing, and she seized it. She returned to covering education and launched into the business beat, too. Freelancing was her most rewarding, challenging gig—until her son was born in early 2009. His complicated birth kicked up postpartum depression and a chance to re-evaluate her life's path. She was stirred to use her writing skills to comfort and empower other women and men battling mood disorders. She channeled that desire into writing her first book, *When Postpartum Packs a Punch: Fighting Back and Finding Joy*.

During her 20 years of journalism experience, Cowan has written for a variety of publications, including: *The Huffington Post*; Edward-Elmhurst Health's *Healthy Driven* publications; *The Mighty*; *The Presidency*, a magazine published by the American Council on Education; the *Harvard Education Letter*; PayScale; AOL; Yahoo; The Ladders; *Community College Week*; *Black Issues in Higher Education*; and Tribune Media Services.

Cowan's first book was published in May 2017, by Praeclarus Press.