

Expanded Bio - Jennifer M. Alemany

Jennifer M. Alemany was born in Brooklyn, New York, she is Latin American with a background from Puerto Rico, Mexico, and Cuba. She was the first to graduate from college in her family with an Associate degree in Early Childhood Education from SUNY Cobleskill and a Bachelor degree in Psychology from Brooklyn College.

After receiving her Associate degree, Jennifer went on to be a live-in Nanny for a little over a year while she decided which direction to take her career in. While working towards her Bachelor degree, Jennifer started her career in the field of Human Resources. For the past 22 years, Jennifer has paved her own path in that space and has been very successful in both the academic and corporate worlds. During her professional career, Jennifer has and continues to mentor high school and college age students, along with young adults just starting their career journeys.

After losing the love of her life three years ago, she began to transform her life through loss and her first book, *Mark My Love* was born. She speaks openly about her grieving process and being okay with not being okay sometimes. In her memoir, she explores love, loss, and looking at life differently.

Optimal wellness is important to Jennifer, she has been practicing yoga for 13 years. Jennifer is a spiritualist and has been meditating for over 10 years. Jennifer enjoys listening to all kinds of music, she also enjoys going to the ballet, Broadway shows, and concerts. Jennifer loves cooking, she enjoys trying new recipes to expand her horizons.

She currently lives in New York City with her dog Leo Luna. *Mark My Love* is her first book.