

Lorie S. Gose, Psy.D., has over fifteen years of experience working as a licensed clinical psychologist. She is the author of *CalmUp[®] Journey: Your Daily Ascending Tool for Better Days* and the companion book, *CalmUp[®] Journey Pages: Your Keepsafe for Better Days*. Lorie lives in Lakewood, Colorado, with her husband, son, and two dogs. Look for her books and website at www.DrLorieGose.com.