

Adrienne Lind - Author Bio 8.19.2025

[Adrienne Lind](#) is a certified yoga teacher (MSc, MA, BA), mindfulness activist, yoga coach, and meditation guide. She founded the [Wellness on the Weekly nonprofit](#) to give away one million books—because she believes: Literacy + Mindfulness = Empowerment.

She is the author of four books: [Wellness on the Weekly: 52 Fun Prompts for Mindfulness, Movement, and a Whole Lot Less Stress!](#), [Wellness on the Weekly Companion](#), [Mindful & Mobilized](#), and *Rooted Calm: 400 Affirmations for Everyday Steadiness*.

Before she discovered yoga in 1996, after a fall from a four-story window outside Paris, she had already survived sexual assault and a divorce.

In the years that followed, she navigated a second divorce, menopause, more than ten moves, cross-continent caregiving, and the deaths of both parents. She also manages rheumatoid arthritis, high blood pressure, and high cholesterol.

What keeps her grounded? Love from family and friends, prayer, breathwork, meditation, mindful movement, writing, and a deep, defiant sense of gratitude, even in the face of a lifetime of body shaming for being a real slim shady. Whew.



She's happiest on a yoga mat, coaching or practicing, and helps people reclaim calm whether facing daily stress, grief, aging, or the aftermath of sexual assault.

Despite mastering countless life challenges (including creating a multi-award-winning blog and hosting three podcasts), Adrienne still struggles to get enough rest.

Perhaps that's because when she could be napping, she's reading, knitting, dreaming of sewing again, quilting, cooking, or simply loving life with her Swede.