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Polly Campbell is a writer who specializes in personal growth, psychology, and spirituality topics for national publications. Her articles have appeared in publications from Spirituality and health, Gaiam Life, Family Circle, American Profile and The Writer, among many others. She is a blogger on Psychology Today and draws hundreds of visitors to ...

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Polly Campbell is a veteran author and speaker specializing in psychology, resilience, and wellness topics for more than 20 years. She is the author of three books: How to Live an Awesome Life: How to Live Well. Do Good. Be Happy; Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People; and How to Reach Enlightenment.

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