

MEET JENNIFER ROSE GOLDMAN

SPEAKER | AUTHOR | STROKE SURVIVOR



JENNIFER ROSE GOLDMAN is a female founder, author, and motivational speaker. She is the former Founder and CEO of Essential Rose, an aromatherapy beauty brand she began out of her college dorm room, packaging tea and skincare products that promote inner beauty. Her success propelled her into the spotlight as a motivational speaker, introducing her to high-profile circles including designer Tory Burch and Gwyneth Paltrow's Goop brand. Jenn spoke on wellness and self-care, creating her own content and a six-week course called "Lead Your Life." She is passionate about helping others to discover their inner-strength. Unexpectedly, just days before her 31st birthday, Jenn and her family would face an overwhelming and painful journey.

As featured in:



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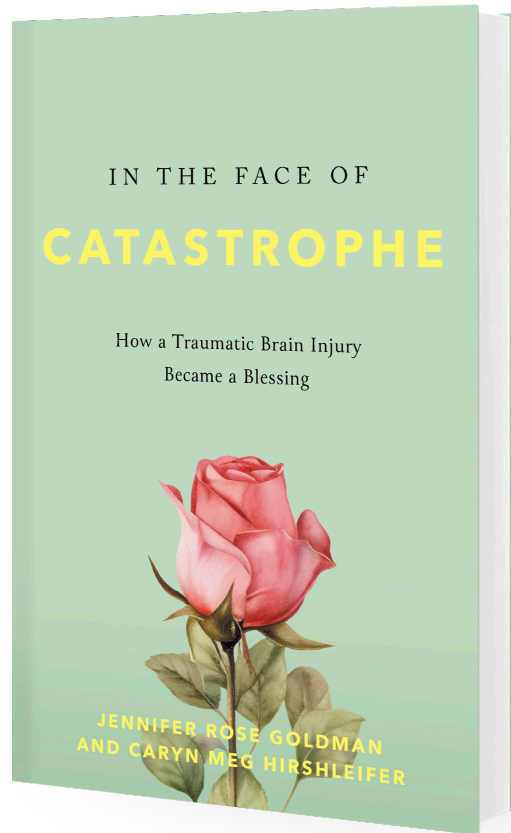
THE POWER OF ATTITUDE

In the Face of Catastrophe: How a Traumatic Brain Injury Became a Blessing

WHEN A STROKE leaves Jenn comatose and clinging to life just days before her thirty-first birthday, she and her family face an overwhelming and painful journey. As they struggle to grasp what happened, to move forward and heal, they discover the power they have to choose their mindset. They can either be victims of their circumstances or they can remain positive in the face of profound trauma and adversity.

Structured as diary entries, this poignant memoir shares memories from each family member as they walk together through this profoundly life-changing event, grapple with grief, and learn to look for silver linings: gratitude, intentional time together, and the closeness of family and friends to help them heal. Jenn was already a motivational speaker and professional advocate for wellness and self-care before her stroke, and now she and her family share a very personal and intimate time of their lives in the hope that those who are struggling with any kind of loss and change will find connection, solace, and the courage to overcome even the greatest challenges.

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THE STORY BEHIND THE BOOK

A massive bleed in the left frontal lobe of Jennifer Goldman's brain left her comatose and clinging to life on August 18, 2021, just days before her thirty-first birthday. As a result, each member of our family was forced to grapple with Jenn's potential sudden death.

This time in our lives has shed light on the existential issues we each face. We discovered what it means to be present in times of uncertainty and crisis while holding onto hope. We have learned so much about the power of family and community to sustain us through these challenges. In this memoir, we hope to share some of the wisdom we have gained in the face of our own catastrophe, finding glimmers of blessing along the way.

"This is an inspiring story of recovery and renewal against the odds. It teaches us how the power of family and community can carry us through life's toughest times and greatest challenges."

-LL COOL J, Rock & Roll Hall of Fame inductee, two-time GRAMMY® Award-winning hip-hop icon, actor, and author

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WHAT JENNIFER BRINGS



BEFORE HER STROKE,

Jenn's entrepreneurial and wellness career was taking off. Her brand, Essential Rose, was featured in Goop, and she opened a warehouse for her growing product line. Now, after her stroke, Jenn is on a mission to share her story and help others

understand that how they talk to themselves is the key to taking control of their lives and navigating adversity of any kind—whether medical, emotional, or spiritual.

QUESTIONS TO ASK JENNIFER:

1. You created Essential Rose in your dorm room, blending beauty and wellness with deep spiritual meaning. What initially sparked your passion for this work?
2. As a motivational speaker and teacher, you helped others "Lead Your Life." Looking back, how did that philosophy shape your own journey before and after your stroke?
3. Can you take us back to the moment of your stroke? What was that experience like? What were your initial thoughts when you realized what was happening?
4. Recovery can be both a physical and emotional battle. What were the biggest challenges you faced? How did you push through them?
5. You were already deeply immersed in spirituality and self-care before your stroke. Why do you think those practices became so essential in your healing process?
6. Many people who survive life-altering experiences describe a shift in perspective. Why do you think your outlook on life changed the way it did?
7. What has been the most surprising or unexpected gift that has come from your stroke experience?
8. For those going through their own struggles—whether health-related or otherwise—why do you believe resilience and self-care are so important?
9. How has your vision for your work and mission evolved since your stroke? What's next for you?
10. If you could sum up your journey in one mantra or guiding principle, what would it be?

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