



Linda Shanti
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Linda Shanti McCabe is a licensed clinical psychologist in the state of California. She also works virtually as a recovery coach, grief counselor, and expressive arts facilitator. She has been working with women recovering from disordered eating/body image challenges for the past 20+ years and, more recently, with women learning to carry grief with grace. She has given birth to two books: 1 for pregnant and postpartum women in recovery and 1 for people traveling with grief.