

Bio okay for print for Jen McDonough (aka The Iron Jen)

In her roles as a motivational storyteller and engaging Amazon Top 100 author, Jen McDonough (aka The Iron Jen) works with high-stress organizations to cultivate resilient team members who can walk through any fire.

Jen and her family are most known for paying off over \$212,000 worth of debt and medical expenses in four years. Their story has been featured in local, national, and international media.

She is also an 8-time national weightlifter, 2-time US Olympic Festival medal winner, and Minnesota Hall of Fame inductee as well as an Ironman triathlete and volunteer firefighter & first responder for her community. In addition, her and her husband are the owners of the iconic Tower Café in their hometown.

All three of Jen's books have hit Amazon's Top 100 categories including her book *5 Minutes a Day to Living Beyond Rich* which hit #1 under Amazon's budgeting category.

Jen lives in Tower Minnesota with her four awesome kids, one handsome husband, three naughty dogs, five cats and one ugly mortgage.

You can find more out about Jen at www.TheIronJen.com.