

In her roles as a motivational storyteller and engaging Amazon Top 100 author, Jen McDonough (*pronounced "McDunna"*) 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 4 years. Their story has been featured in local, national and international media. Her and her husband are owners of the iconic Tower Café in Tower, MN.

She is also an 8-time national weightlifter, 2-time U.S. Olympic Festival Medal winner, and Minnesota Hall of Fame athlete, as well as an Ironman triathlete.

All 3 of her 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 is a volunteer firefighter & 1<sup>st</sup> responder, however, she has yet to get over her fear of tight spaces, heights, and fire as well as drop her habit of cussing out motorists who don't get out of the way of emergency vehicles.

She lives in Tower MN with her 4 awesome kids, 1 handsome husband, and 1 ugly mortgage.

You can find out more about her at [The Iron Jen.com](http://TheIronJen.com) and hey if you ever find yourself in Tower MN (hopefully when NOT when temps are hitting our Minnesota state record low of -60 below zero), stop in for a cup of coffee and a chat.