

About the author, Dr. Phil said:

*We didn't just pick the first [therapist] coming down the road. We went for the best! And you know I know.*

*- Dr. Phil Show, November 21, 2002*



Leslie Reynolds-Benns has dedicated a lifetime to personal growth-both her own and others. She has been a spiritual seeker/finder and an adventurer, while at the same time having a commitment to sharing what she has discovered. Reynolds-Benns has a PhD in Counseling and a Master's Degree in Applied Theology as well as being a certified spiritual director. After years of helping people in pain, as a counselor and hospital chaplain, she now performs weddings where she shares with couples in the lightness, joy and promise of a bright new future. She additionally leads workshops and lectures widely. *Confession is Good for More than the Soul* is her fourth published book. It was preceded by *Mormons in Transition*, in two editions, *Spiritual Maturity: The Whole Elephant* and *Street People*. She also has written several e-books. She married her best friend and ministry companion Robb Benns in 2000 and they now reside in Salt Lake City. Together they have twelve children, twenty-seven grand-children and five great-grandchildren