



NINA JARNUM

Author of **F*ck Kissing Frogs; A Guide to Online Dating For Women Over 40** Yoga and Mindfulness Teacher

Key Focus: Dating consciously, Building Healthy Relationships, Self-awareness

Nina is an author, yoga and mindfulness teacher who has taught all over the world. Danish born and bred, went to university in the UK and now living in California, she brings a global flavor and understanding to the table.

Author of: **F*ck kissing Frogs**



F*ck Kissing Frogs; A Guide to Online Dating For Women Over 40 is a book that not only helps women set up the best dating profile, it is also an invitation to bring in self-awareness to your dating game, level up your “picker” and be emotionally ready for the right person. The book covers topics such as “what is your dating age?”, “how to train the algorithm” and “how do you find out what you actually want and not what everyone else thinks you should want?”

AS SEEN ON:



What a breath of fresh air. Nina Jarnum is one of those “what you see is what you get” kinda women and it was a delight to have her.

Round we went about yoga & wellness, single life as strong 40+ women (and what our REAL expectations are) and parenting through the generations

- Danielle Stoble

CONNECT WITH NINA

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‘Someone who brings a lot to the table has the right to expect a lot in return, and that goes both ways. If you’re seeking an evolved, healthy person who is ready to commit, it’s essential to walk in with self-awareness and well-defined boundaries, meeting them at their level.’

-F*ck Kissing Frogs

This book brings honesty, mindful observations, personal stories and a little sass. Its a fun, easy read and at the same time offers a lot of actionable food for thought.

Interview Topics

- Dating after divorce/after 40
- Finding new love as a parent
- Bringing self-awareness into your dating game
- How to attract what you truly want
- Mindful online dating
- Changing your dating patterns

Suggested Introduction

Today on the show, we have Nina Jarnum mindfulness teacher, conscious dating coach and author of *Fuck Kissing Frogs; A Guide to Online Dating for Women Over 40*.

Nina has over the last few decades taught mindfulness and yoga all over the world and over the years worked with major fitness magazines, clothing brands and Start Today. It was after her divorce she discovered she had a natural knack for creating dating profiles and, bringing in the concepts of mindfulness and self-awareness from her teachings, she started guiding women through the journey of getting back on the dating market.

Nina believes that to successfully date, especially after 40, understanding your true needs and instinctual reactions to the world is essential if you want to find what she refers to as “delicious grown up love”.