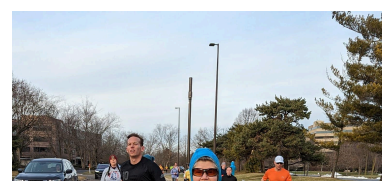
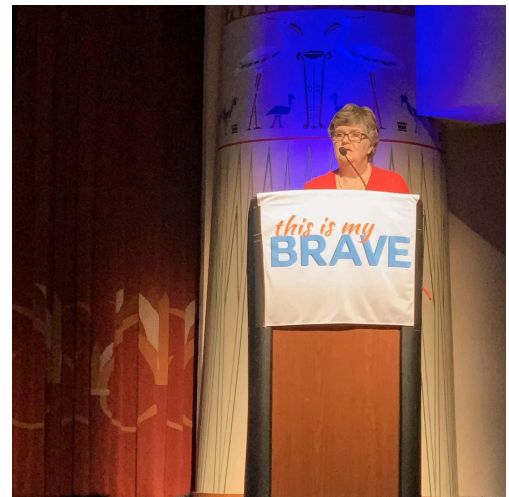
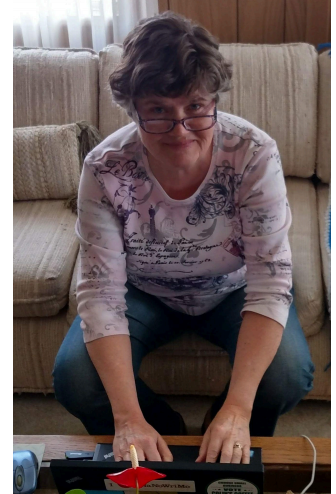


Headshots



Action Shots



Bios

Tiny Bio

[Nita Sweeney](#) is the bestselling wellness author of [*Depression Hates a Moving Target*](#), [*You Should Be Writing*](#), [*Make Every Move a Meditation*](#), and [*A Daily Dose of Now*](#). UltraMarathoner. Meditation teacher. Mindfulness coach. Writing practice zealot. Mental health advocate. Retired attorney. Retired publisher of [*Write Now Columbus*](#). Dog mom.

Alternative Tiny Bio

[Nita Sweeney](#) is the best-selling author of award-winning books including [*Depression Hates a Moving Target*](#). She runs ridiculously long distances for fun, enjoys chatting about the Enneagram and other personality metrics, and, when she's not writing more books, she helps people find their way in life, work, and sport.

Short Bio

[Mindfulness coach Nita Sweeney](#) is the bestselling wellness author of the award-winning running and mental health memoir, [*Depression Hates a Moving Target: How Running with My Dog Brought Me Back from the Brink*](#), and co-creator of the writing journal, [*You Should Be Writing: A Journal of Inspiration & Instruction to Keep Your Pen Moving*](#). Her third book, [*Make Every Move a Meditation: Mindful Movement for Mental Health, Well-Being and Insight*](#) was featured in the [*Wall Street Journal*](#). Her latest book, [*A Daily Dose of Now: 365 Mindfulness Meditation Practices for Living in the Moment*](#), was released in fall of 2023. Nita lives in central Ohio with her husband, Ed, and their yellow Labrador retriever, Scarlet. Download your free copy of Nita's eBook [*Three Tools for a Happier, Healthier Mind*](#) or the infographic [*Meditation Myths*](#).

Not-Terribly-Short Bio

[Nita Sweeney](#) is the bestselling wellness author of the award-winning running and mental health memoir, [*Depression Hates a Moving Target: How Running with My Dog Brought Me Back from the Brink*](#) and co-creator of the writing journal, [*You Should Be Writing: A Journal of Inspiration & Instruction to Keep Your Pen Moving*](#). Her third book, [*Make Every Move a Meditation*](#) was featured in the [Wall Street Journal](#). Her most recent book, [*A Daily Dose of Now: 365 Mindfulness Meditation Practices for Living in the Moment*](#), was released in fall of 2023. A [mindfulness coach](#), [certified meditation leader](#) and [mindfulness teacher](#), mental health advocate, ultramarathoner, retired attorney, and former assistant to writing practice originator [Natalie Goldberg](#), Nita founded the groups [Mind, Mood, and Movement](#) to support well-being through meditation, exercise, and writing practice, and [The Writer's Mind](#), to share using writing practice to produce publishable work. She is also a sought-after speaker and workshop leader. For twenty years, Nita published the central Ohio writing resource, [Write Now Columbus](#). She lives in central Ohio with her husband, Ed, and their yellow Labrador retriever, Scarlet. Download your free copy of Nita's eBook [*Three Tools for a Happier, Healthier Mind*](#) or the infographic [Meditation Myths](#).

Not-Even-Close-to-Short Bio

Visit nitasweeney.com for Nita's free eBook [*Three Tools for a Happier, Healthier Mind*](#) or the infographic [*Meditation Myths*](#).

Nita Sweeney is the bestselling wellness author of four books. She's a mindfulness coach, certified meditation leader and mindfulness teacher, mental health advocate, ultramarathoner, and dog-mom with more than thirty years of writing experience. After a decade of legal practice (and a major depressive episode), Nita turned in her shingle for a fast writing pen. People still ask legal questions, but she's done her best to forget the answers. Instead of negotiating labor contracts for public agencies, she writes, and shares what she's learned.

Nita's articles, essays, and poems have appeared in Men's Health, Buddhist America, Dog World, Dog Fancy, Writer's Journal, Country Living, Pitkin Review, Spring Street, The Taos News, WNBA-SF blog, Pencil Storm, The Writing Cooperative, It's Not Your Journey, Wide Open Writing, Fleet Feet Columbus, and other newspapers and newsletters. She also blogs, and for twenty years published the central Ohio writing resource, [*Write Now Columbus*](#).

Nita's poem "Memorial" won the Dublin Arts Council's Poet's Choice Award and an early draft of her memoir, [*Depression Hates a Moving Target: How Running with My Dog Brought Me Back from the Brink*](#), (previously titled Twenty-Six Point Freaking Two) was short-listed for the William Faulkner – William Wisdom Creative Writing Competition Award. The book was awarded a Maxwell Medal in the Human Animal Bond category by the Dog Writers Association of America writing competition. It is a #1 Amazon Bestseller in the "mood disorders," "bipolar disorder," "depression," and "running & jogging" categories. The book was selected by Ohioana Library to be included in the 2020 Ohioana Festival. Nita has received grant awards from the Greater Columbus Arts Council and the Ohio Arts Council for her work.

Nita's third book, [*Make Every Move a Meditation*](#), was featured in the [*Wall Street Journal*](#), short-listed for the International Book Awards, nominated for an Ommie Award, and has been a #1 New Release in seven categories including yoga, running & jogging, Theravada Buddhism, and more. The Ohioana Library selected it to be included in the 2023 Ohioana Festival.

Nita co-authored the popular writing journal, [*You Should Be Writing: A Journal of Inspiration and Instruction to Keep Your Pen Moving*](#), with Brenda Knight (Women of the Beat Generation.) The Ohioana Library selected it to be included in the 2021 Ohioana Festival.

Her most recent book, [*A Daily Dose of Now: 365 Mindfulness Meditation Practices for Living in the Moment*](#), was released in fall of 2023 and earned the Amazon #1 New Release badge. The Ohioana Library selected the book to be included in the 2024 Ohioana Festival.

Nita has been featured on AARP.com, Health.com, Healthline.com, Livestrong.com, Fupping.com, PsychCentral.com, bpHope.com, Bustle.com, NextAvenue.com, UpJourney.com, Medium.com, Pawstruck.com, Thrive Global, WGRN, Sweatpants & Coffee, Authority Magazine, Intergenerational Inspiration, 2014 and Beyond, and Pretty Progressive, and in Women's Day, First for Women, bp Magazine, and Epoch Times, on the Prognosis Ohio, Word Carver, Running Dad, My Brain on Endorphins, Ten Junk Miles, Diz Runs, and numerous other podcasts. She was also nominated for the Ohio Arts Council Governor's Award.

A popular speaker and workshop leader, Nita has spoken to a wide range of groups including the Columbus Bar Association, Dayton Bar Association, Women's Connection, The Ohio Writers' Association, Upper Arlington Senior Center, Carnegie Center for Literacy & Learning, Shinzen Young's Life Practice Program, Central Ohio Fiction Writers, Writers' Bloc, Society of the Muse of the Southwest, Writing Against the Stigma, National Novel Writing Month, the Ohioana Book Festival, RunPainFree Marathon Training Summit, Marathoner in Training, Feminine Frequency Festival, 4 the Health of It, Nonfiction Writers' University, Leadership Goes Beyond, Women's National Book Association of San Francisco, Freedom to Be You, ChiRunning, This is My Brave, Depression, Anxiety, and Phobia Summit, Road Runner Sports, Move Together Columbus, Foundations Health Solutions, Writers' Ink, and VOICECorps' Morning Exchange.

Nita earned a journalism degree from The E.W. Scripps School of Journalism at Ohio University with a certificate in women's studies, a law degree from The Ohio State University, a Master of Fine Arts degree in Creative Writing from Goddard College, certification to lead Buddhist meditation from [Sage Institute for Creativity and Consciousness](#), and certification to teach mindfulness meditation from the [International Mindfulness Teachers Association](#).

She served on the boards of the [Women's National Book Association of San Francisco](#) and [Still I Run: Runners for Mental Health Awareness](#) where she was the editor of the Still I Run blog.

For ten years, Nita studied with and assisted best-selling author [Natalie Goldberg](#) (*Writing Down the Bones*) at week-long writing workshops teaching the "rules of writing practice" and leading participants in sitting and walking meditation. Goldberg authorized Nita to teach "writing practice" and Nita has taught for nearly twenty years.

When she's not writing and teaching, Nita runs. She has completed three ultramarathons, three full marathons, thirty-six half marathons (in twenty-three states), and more than one hundred shorter races. Nita lives in central Ohio with her husband and biggest fan, Ed, and her yellow Labrador running partner, Scarlet, the #ninety-nine-percent-gooddog.

Links

Three Tools for a Happier, Healthier Mind (free PDF)

<https://nitasweeney.com/three-tools/>

Infographic: Meditation Myths

<https://nitasweeney.com/meditation-myths>

Depression Hates a Moving Target

<https://nitasweeney.com/about-the-book/>

Book club kit for *Depression Hates a Moving Target*

<https://nitasweeney.com/book-club-kit/>

(Korean) *Depression Hates a Moving Target*

<https://www.sigongsa.com/books/bookView.php?bookcode=SB006960&catecode=01010201&TF=T>

Make Every Move a Meditation

<https://www.amazon.com/How-Make-Every-More-Meditation/dp/1642509892/>

(German) *Make Every Move a Meditation*

https://www.amazon.de/-/en/Nita-Sweeney/dp/3442223954/ref=sr_1_3

A Daily Dose of Now

<https://www.amazon.com/dp/B0CK5F5DPP>

You Should Be Writing

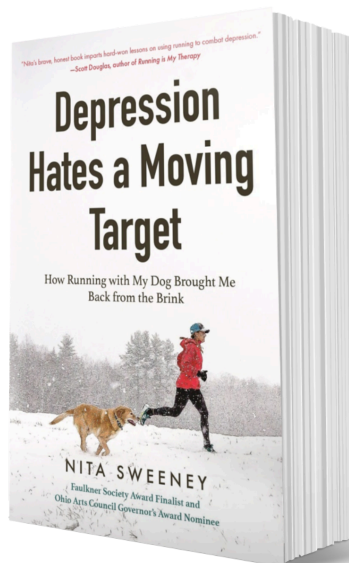
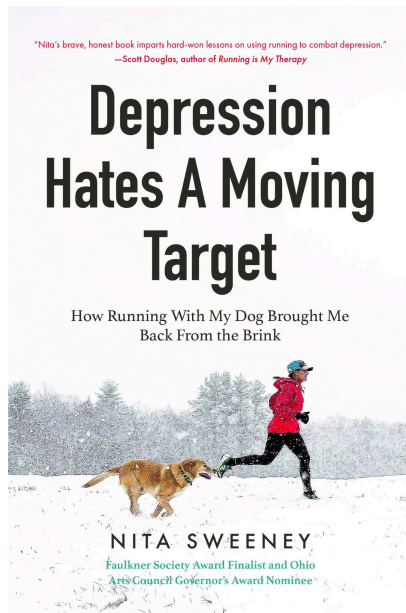
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All Things Nita!

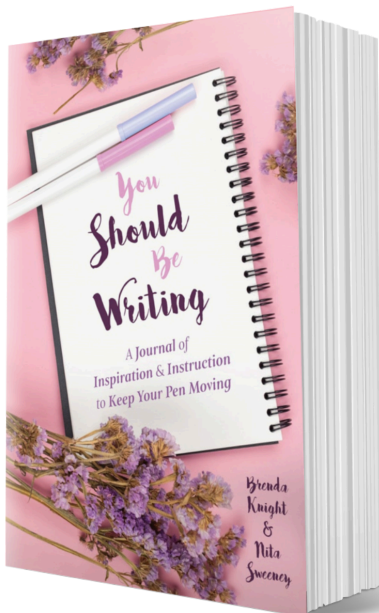
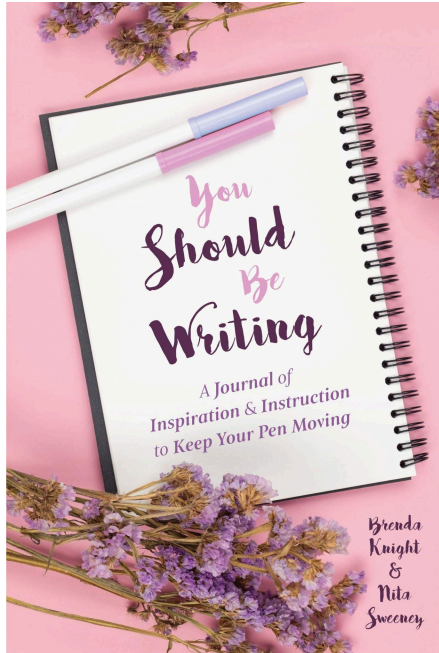
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Book Images

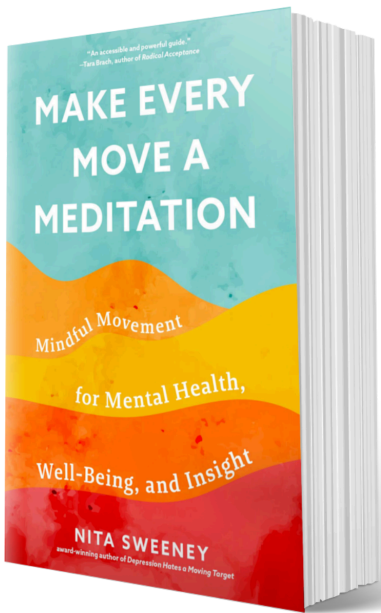
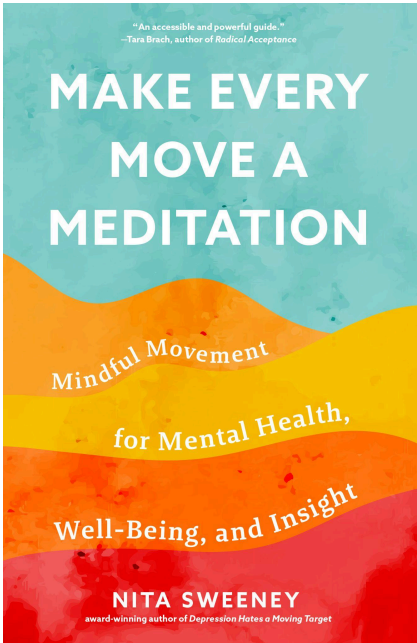
Depression Hates a Moving Target



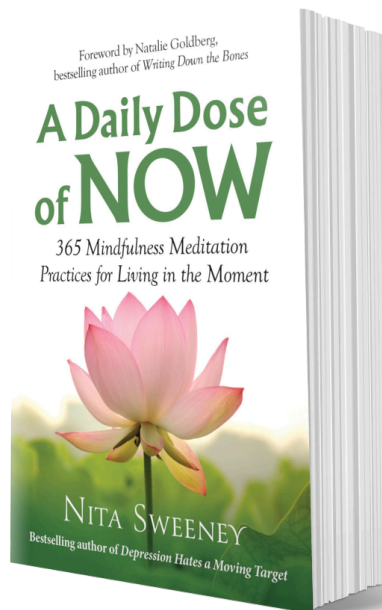
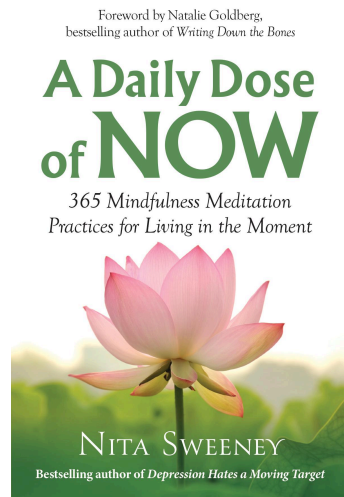
You Should Be Writing



Make Every Move a Meditation



A Daily Dose of Now



Three Tools for a Happier, Healthier Mind - Free eBook

<https://nitasweeney.com/three-tools/>

THREE TOOLS FOR A HAPPIER, HEALTHIER MIND



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