

# ABOUT TAMI GAINES



After navigating the most difficult and transformational two years of her life, that included a six-week stay in the hospital; an 18-month journey with her 25-week-young twins in the Neonatal Intensive Care Unit; an unexpected divorce after nearly 12 years of marriage; and losing both of her grandmothers within three months, Tami finally agreed to do what doctors, nurses and parents had been asking her to do – share her story of triumph and her process for successfully emerging a more empowered person. In ***Preemie Parents: 26 Ways To Grow With Your Premature Baby*** she helps parents learn to cope – as she has – by opening their hearts to learning life’s lessons.

Tami Gaines has an accomplished background as a marketing and business strategist, motivational speaker and trainer. Her holistic perspective on business and personal growth has not only garnered her national media coverage, but has helped thousands of people come closer to achieving their personal and professional goals. With an MBA from Columbia University and 25 years as an entrepreneur and executive, Tami could not have foreseen the events that would take her from the board room to the hospital room.

Tami lives in New Jersey with her four children.