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Lillie is a Washington, DC–based licensed psychologist specializing in anxiety and relationships and author of *Hack Your Anxiety: How to Make Anxiety Work for You In Life, Love, and All That You Do*, which debuted as #1 New Release on Amazon in 2018. Lillie has been named one of Washington’s Top Doctors by Washingtonian magazine and has served as adjunct clinical faculty at the Chicago School of Professional Psychology. She is passionate about changing the stigma she believes worsens anxiety, and has worked with and written for popular outlets including the NYTimes, O Magazine, TIME, the Huffington Post, and Yahoo. She is a contributing blogger for Psychology Today, and maintains an active blog on her website.