

Introduce Yourself

What's Your Story?

Hi, I'm Julie Chafets Grass. My family and I have been members of Temple Isaiah since 1982.



Julie Chafets Grass

I am married to my champion, Alan Grass. We have two incredible sons, Ben and Jon, both of whom were bar mitzvahed at Isaiah and now live in New York. The newest addition to the family is Zen Grass, a feisty rescue Multipoo.

In my professional life, I am a business coach for entrepreneurs, professionals and others moving into leadership roles. I am also on faculty at UCLA Extension, teaching classes in communications, project management, effective presentations, leadership development and women's leadership boot camps.

In my spare time, I am a poet and an expressive artist. I have six painted mannequin feet strolling along my kitchen ceiling and I have a gorilla suit hanging in my front closet. I have a creative curiosity that takes me on the most colorful adventures.

I recently published a book of poems and original art work called, [The Queen Of MORE: Poems by her Sidekick](#). It is the intimate story of the magic and challenges of being raised by an incredibly loving and creative bi-polar mother. I call my mother MORE because she thought and felt and lived in a world of superlatives. She was never just hungry, but the hungriest she'd ever been in her life! The book is wacky, delicious, sometimes sad, often buoyant, as it captures the enmeshment of a mother and daughter who have fuzzy boundaries.

Check it out on Amazon: https://www.amazon.com/Queen-MORE-Poems-her-Sidekick/dp/0692053603/ref=sr_1_1?ie=UTF8&qid=1521000732&sr=8-1&keywords=books+julie+chafets+grass+the+queen+of+MORE