

BIOGRAPHY

Purdey Penrose - AKA "*The Thought Provoking Tattooed Scholar*" is a writer, podcaster, & founder of Comfort Zone Rocks, an online community for Introverts to cultivate cosy slow lifestyle & turn it into unwavering confidence.

Penrose, in between Gen X & early Millennial from France, launched Comfort Zone Rocks in 2022 to help Introverts (re) discover the emotional, physical, spiritual benefits of embracing a cosy slow way of living- all while breaking free from the "name & shame" regularly associated with introversion. The mission of the community is to own the concept of Comfort Zone with a new perspective: by turning it into an endless source of success, victory, and confidence to dare.

Penrose is the author of **COMFORT ZONE ROCKS**, an anti self-help book about trusting innate talents plotting her journey from recovering after a suicidal attempt during her PhD in Montreal (Canada) paired with massive burn out, to discovering the power of intuition, cosiness, and healthy boundaries. Penrose is also the host of **THE HYGGE PLANNER SHOW**, a bi-monthly podcast with more than 130 episodes and over 113000 downloads since its launch. It's a 10-min break to cultivate cosiness, discover the Danish art of cosiness (Hygge), & debunk common myths around cosiness/ comfort zone.

She can't live without heavy metal, has to eat Swiss chocolate or else... and is probably somewhere writing/ doodling a way to mix two unrelated topics like sushi and tarot.

SHORTER BIOGRAPHY

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HOW TO STAY IN TOUCH

KeptItSimple@ComfortZone.Rocks

LOGOS & OFFICIAL PHOTO

Available to download [HERE](#) (google drive link)