



## About Emma

Emma Rothman is a published author, mental health advocate, and public speaker. In 2011, Emma received a life-saving heart transplant in New York City and was forced to surrender to the messiness of her life. Before her transplant, Emma was an active athlete and student and after her transplant; Emma was still a student and athlete; but, she discovered a newfound energy to pursue a life that centered around not taking her health for granted. One month after her ten-year heart transplant anniversary, Emma had the privilege of graduating from Syracuse University with a degree in Food Studies and Nutrition.



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