



Maha Jraidi

Tunisian Psychiatrist and Author

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Who is Maha Jraidi

Dr. Maha Jraidi is a Tunisian doctor, author, and psychiatrist who has emerged as an influential voice in the field of mental health in the Arab world. She combines her medical expertise with literary depth to create content aimed at promoting psychological awareness and inner healing. In addition to her medical practice, Dr. Jraidi works as a psychological consultant and a certified life coach, using her social media platforms, such as YouTube and Instagram, to share insights on overcoming psychological trauma, self-understanding, and achieving mental balance. Dr. Jraidi is known for her ability to simplify complex psychological concepts and present them to the public in an accessible and engaging manner, which has earned her a significant following. She has appeared on various television programs, including "Enti" on ETC TV, to discuss topics related to psychological trauma and its impact on individuals' lives. Through her writing and digital content, she seeks to break the stigma associated with mental illness and encourage individuals to embark on a journey of recovery and personal growth.

Achievements of Maha Jraidi

Dr. Maha Jraidi published her first book, "8 Steps to Break Free from Past Traumas and Find a Better Version of Yourself," in 2024 with Nisan Publishing and Distribution. The book offers a practical guide to help readers heal from painful experiences and has received widespread attention among those interested in self-development and mental health. In 2026, she released her second book, "Return of the Phoenix," published by Deir Publishing and Distribution. This work explores the theme of rising again after experiencing brokenness and feeling lost, drawing inspiration from the stories of mythological and contemporary women. It provides a profound perspective on the journey of self-recovery after periods of psychological burnout.

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