



Iliza Shlesinger is an award-winning comedian, actor, writer, producer and author, selling out theaters around the globe with a devoted fan base who are known for creating their own Iliza-inspired swag to wear to her shows. Iliza coined the term "Elder Millennial" in her eponymous 2018's **Elder Millennial**, which is also the subject of **Iliza Shlesinger: Over & Over**, her "fan-u-mentary" giving fans an inside look into her life on tour. Her other specials are **Unveiled (2019)**, **Confirmed Kills (2016)**, **Freezing Hot (2015)** and **War Paint (2013)**.

In 2022, Netflix released her 6th stand-up special **Hot Forever** and her second book **All Things Aside** was published.

Her podcast, **AIA: Ask Iliza Anything** on Earwolf is a fan favorite and features Iliza giving out her barefaced life advice to fans' questions. Next, she'll launch **Iliza's Locals** a three-episode series highlighting 18 of her favorite L.A. comedians. The series will stream exclusively on the 800 Pound Gorilla platform April 4 before moving over to YouTube April 28.

Iliza wrote and starred in the Netflix Rom-Con movie **Good On Paper** and played opposite Mark Wahlberg in the #1 Netflix film **Spenser Confidential**. She also appeared in the critically acclaimed indie drama **Pieces of a Woman** with Vanessa Kirby. Other credits include, **Instant Family**, starring Wahlberg and Rose Byrne, and **The Iliza Shlesinger Sketch Show**, a comedy series she created and starred in for Netflix.

In March 2020, in response to the pandemic, she and her husband, Chef/James Beard Award nominated author Noah Galuten, launched **Don't Panic Pantry** as a way to encourage people to stay at home and flatten the curve. The fun, follow-along at-home cooking show streamed live via Iliza's Instagram and Facebook page with more than 250 episodes. It has been featured TODAY Show, The Talk, and has been sponsored by companies like Le Creuset, Dansk and Bob's Red Mill. **The Don't Panic Pantry Cookbook** published in January of 2023.

Iliza's first book, **Girl Logic: The Genius and the Absurdity** (Hachette Book Group) was a subversively funny collection of essays offering her unique perspective on women's behavior. She recently guest hosted Jimmy Kimmel Live and previously hosted her own limited run late night talk show **Truth & Iliza** on Freeform. She is the only female and youngest comedian to hold the title of NBC's Last Comic Standing.

Iliza regularly supports a variety of causes including Team Rubicon, Cystic Fibrosis, various environmental causes, and has performed abroad several times with the USO.

She lives in Los Angeles, California with her husband Noah, their newborn daughter Sierra Mae and their Chinese rescue dog, Tian Fu.

Instagram - [@ilizas](#)

Tik Tok - [@ilizas](#)

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