

## Bio-Sketch for Brian Luke Seaward, Ph.D.

Brian Luke Seaward is regarded as one of the foremost experts in the field of stress management and a pioneer in the fields of mind-body-spirit healing and corporate health promotion. The wisdom of Brian Luke Seaward can be found quoted in PBS specials, *The Chicago Tribune*, *The Huffington Post*, college graduation speeches, medical seminars, boardroom meetings, church sermons, and keynote addresses all over the world. He has authored more than twelve books, including the classic best sellers, *Stand Like Mountain*, *Flow Like Water*, *The Art of Calm* and *Stressed Is Desserts Spelled Backward* and the leading college textbook, *Managing Stress (9E)*. Dr. Seaward's mission, as expressed through his legacy of acclaimed books, documentary films and public appearances, is to make this a better world in which to live by having each of us reach our highest potential. His corporate clients include Hewlett Packard, Royal Caribbean, Wells Fargo, TransAmerica, Procter & Gamble, Conoco-Phillips, Motorola, Quaker Oats, John Deere, BP-Amoco, Blue Cross/Blue Shield, Maxtor-Seagate, Organic Valley Dairy, US ARMY, The US Airforce and many others. For 25 years he served on the faculty of the University of Colorado Consortium for Public Health and now currently he is a faculty member of The Graduate Institute. Dr. Seaward is the Executive Director of the Paramount Wellness Institute in Boulder, CO. He can be reached via his website, [www.brianlukeseaward.net](http://www.brianlukeseaward.net).

