



**Michael R. Mantell, Ph.D.**

**Cognitive Behavioral and Emotional Well-Being Coach  
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Michael R. Mantell earned his Ph.D. degree at the University of Pennsylvania in 1976 after completing his M.S. degree in clinical psychology at the Hahnemann Medical College in 1972. After 45 years, he retired as a clinical psychologist treating patients with clinical mental health disorders and has been enthusiastically and unwaveringly regenerating his career in the field of mental wellness as a highly sought-after psychological educator, behavioral sciences coach, international keynote speaker, organizational and leadership consultant, media spokesperson, and author of four bestselling books.

Dr. Mantell served as chief psychologist for Children's Hospital of San Diego as well as for the San Diego Police Department, as an assistant clinical professor in the Department of Psychiatry at UCSD Medical School where he created the "Physician-Patient Relationship" course in the late 1970s, a consultant to the FBI and the United States Postal Service, and as chief behavioral sciences consultant for the American Council on Exercise, Equinox and Anytime Fitness gyms, among others. He has presented at fitness and health conferences around the globe. Most recently, he's focused on physician well-being and burnout prevention, and he has developed and leads a yearly, three-day intensive program on physician wellness for the American Society of Hematology. He has presented at the Canadian Orthopedic Association and the End Physician Burnout Global Summit. He's been co-founder and chief behavioral science officer of Plus-Size Certified and is a member of the Science Advisory Board of the International Council on Active Aging, as well as the Educational Advisory Board of the Medical Fitness Network and an advisor to the Medical Wellness Association. Dr. Mantell has been named to Greatist.com's "100 Most Influential People in Health and Fitness" and authored nearly 80 columns on mental performance for Arianna Huffington's "Thrive Global." He is the author of four books, including the 1988 best-selling, *Don't Sweat the Small Stuff PS: It's All Small Stuff, Ticking Bombs: Defusing Violence in the Workplace*, and *The Link is What You Think*, in addition to the 25th anniversary edition of his first book.