



Brian Luke Seaward, Ph.D.

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Brian Luke Seaward, Ph.D., is recognized nationally and internationally as one of the foremost experts in the field of resiliency, stress management, and mind-body-spirit healing. Being regarded as an esteemed inspirational/motivational speaker, Brian Luke Seaward has shared his wisdom 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 twenty books, including the popular best sellers *Stand Like Mountain*, *Flow Like Water*, *The Art of Calm*, and *Stressed Is Desserts Spelled Backward*, as well as the leading, award-winning college textbook *Managing Stress* (11th edition). 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, the U.S. Army, the U.S. Air Force, and many others. For 25 years, he served on the faculty of the University of Colorado Consortium for Public Health. Currently, Dr. Seaward is the executive director of the Paramount Wellness Institute in Boulder, Colorado. He has also served on the faculties of The American University, The University of Colorado, and The Graduate Institute. Dr. Seaward has created a legacy in the field of stress management, resiliency, and corporate health promotion for all to share.