



## **Brian Luke Seaward, Ph.D.**

**Executive Director  
Paramount Wellness Institute  
Boulder, Colorado**

Dr. Seaward is the executive director of the Paramount Wellness Institute in Boulder, Colorado. He 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 Dr. 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 18 books, including the classic best sellers, *Stand Like Mountain, Flow Like Water, The Art of Calm*; and *Stressed Is Desserts Spelled Backward* as well as the leading college textbook, *Managing Stress* (10E). 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 he is currently a faculty member of The Graduate Institute. Former *Good Morning America* host, Joan Lunden, says, "Dr. Seaward's words have touched my life profoundly and helped me to find grace and dignity, the patience and compassion needed to navigate my ever-changing course. They have helped me understand that it is the way I choose to see the world that I will create the world I see." It's been said several times that Dr. Seaward looks like James Taylor (sometimes Sean Connery), dresses like Indiana Jones and writes like Mark Twain. In the role of traveler, visionary, mystic, healer and mentor, Dr. Seaward has created a legacy in the field of wellness and health promotion for all to share.