



Brian Luke Seaward, Ph.D.

**Executive Director
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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 corporate health promotion. Dr. Seaward's wisdom 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 20 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 award-winning college textbook, *Managing Stress, 11th ed.* His corporate clients include Hewlett Packard, Royal Caribbean, Wells Fargo, TransAmerica, Procter & Gamble, ConocoPhillips, Motorola, Quaker Oats, John Deere, BP-Amoco, Blue Cross/Blue Shield, Maxtor-Seagate, Organic Valley Dairy, The US Army and 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 and serves on the faculty of The Graduate Institute in Bethan, Connecticut. 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 Brian Luke Seaward looks like James Taylor, 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 stress management, resiliency and health promotion for all to share.