



Introduction

Accept, Analyze and Transcend. Those are the three words that encapsulate the message of our speaker today, who provides the perspective and tools to do so.

Dr. Norman Rosenthal is a world famous psychiatrist, ground breaking researcher, best selling author, therapist and coach. He has been helping people understand and overcome problems for 40 years.

He first came to prominence when he led the team that described seasonal affective disorder (SAD) and pioneered the use of light therapy for its treatment, thereby helping millions of people worldwide. His work has taken him on speaking engagements all over the world and he has appeared on national and international TV and radio.

But that was just the beginning of a long and distinguished career. An outstanding communicator both in his speaking engagements and his writing, he is the author or co-author of 8 books for the general public including the New York Times best-seller *Transcendence* and, most recently, the L. A. Times best-seller, *The Gift of Adversity*. He has also written over 200 professional articles.

Dr. Rosenthal is highly sought after as a speaker by colleagues, the general public and the media for his delightful mixture of wisdom, insight and humor. He is able to make complex issues both understandable and entertaining.

He has spoken at TEDx, Bridgewater Associates and many other business, non-profit and health-related organizations. And here he is with us today.

Please welcome Dr. Norman Rosenthal.