

# DR. PAUL EPSTEIN

*Pioneer and Leading Voice  
in Mind-Body Medicine*

## Mindful Healing

*The Journey Within*

*Transforming stress, pain and illness into  
a journey of self-healing and awakening*

A unique, cutting edge message shared  
with compassion, humor and inspiration

Through life-changing mind-body therapies, Dr. Epstein guides  
us to welcome and embrace our wounds on the path to wellness

All sickness is homesickness and all healing  
is self-healing - a journey home to one's true self

Dr. Epstein's keynote and workshop messages  
resonate with diverse audiences

- Professional, Corporate and Business Conferences and Retreats
- Personal Growth, Learning, Health, Healing and Yoga Centers
- College, University and Clinical Training Programs and Courses
- Health Fairs and Community Organization Programs



NATUROPATHIC PHYSICIAN  
INTEGRATIVE MEDICINE

### ILLNESS AS OPPORTUNITY Pain as Teacher

This is Dr. Epstein's guiding principle. He is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, speaker, workshop leader and author.

For over 30 years he has been at the cutting edge of practice in integrative medicine. His whole person relationship centered care approach integrates natural therapies with mind-body medicine, mindful awareness, health psychology and contemplative psychotherapy to guide patients on their self - healing journey.

He is a pioneer in the mind-body connection, narrative medicine, how biography becomes biology and the role of stress in health and disease. He cofounded the Israel Center for Mind-Body Medicine.

In addition to his private practice, he is a featured speaker on radio, television and the web, mentors health professionals and travels worldwide, lecturing and teaching mindful healing workshops.

Dr. Epstein has authored numerous articles and is the author of the book, "*Happiness Through Meditation*"

#### SPEAKER



#### AUTHOR



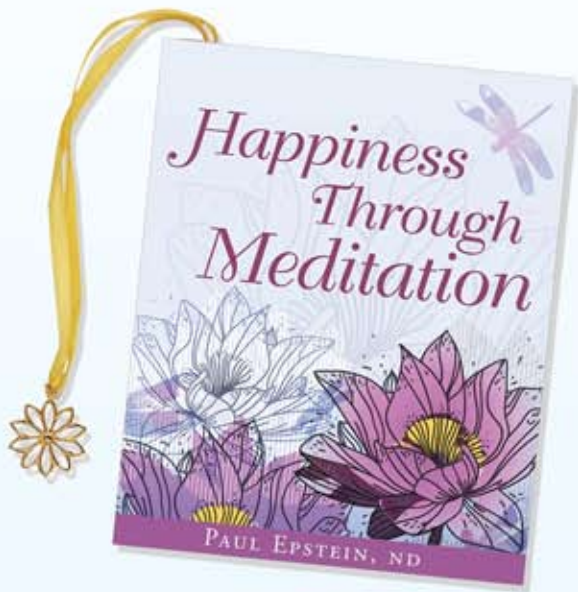
#### TEACHER



- American Assoc. of Naturopathic Physicians
- Omega Institute for Holistic Studies
- WIN Nevada Power Business Breakfast
- Kripalu Center for Yoga and Health
- Center for Self Leadership (IFS)
- University of Virginia School of Medicine
- American Assoc. of Group Psychotherapy and Psychodrama
- Ontario Assoc. of Naturopathic Doctors
- Tel Aviv University School of Social Work
- NY Open Center • NY Insight Meditation Center • Wainwright House

*Speaking  
Clients*

“Connecting the Cell and the Self”<sup>SM</sup>



*Dr. Epstein's book offers help and healing so readers may find meaning and purpose, work through difficulty, further their bliss, live and thrive through the practice of happiness every day.*

## Testimonials

"The content of his presentation and the sincerity with which it was delivered really set him apart from other keynotes."

*James Cavanaugh  
Executive Director, WIN*

"Dr. Epstein is an expert guide to awakening the healer that lies within each of us."

*Steve Ehrlich, ND*

"He is an inspiring and engaging teacher and speaker who is able to adapt, adjust and accommodate to the particular audience to convey his message clearly and simply."

*Sandra Weinberg, co-founder  
New York Insight Meditation Center*

"The heart-energy that flowed through your workshops brought a softness, a joy, an over-flowing energy amongst us all."

*Shama, program director  
Yoga Retreat, Bahamas*



## The Story Of Dr. Epstein's Transformative Journey

The story of his father's life and premature death inspired his decision to become a physician and the development of his healing philosophy and practice of mind-body integrative medicine.

To see the heart of the story, visit Dr. Epstein's website: [www.drpaulepstein.com](http://www.drpaulepstein.com)

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Disease tells a story - not just of the cell, but of the self. Everyone has a life story. Listening to that story helps us make the connection between our biography and our biology.

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Adapting the heart of his unique mind-body medicine approach to each and every audience and venue, topic highlights include:

Stress and the Mind Body Connection  
Good Medicine is Good Business  
How Biography Becomes Biology  
Healing and Curing - We need Both  
Transforming Illness into a Self-Healing Journey  
Mind as Healer - Mind as Slayer  
Meditation as Medication  
Happiness Through Meditation  
Cultivating Emotional Resilience

**“In the Heart of the Pain is the Healing”**

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