

Bios for Laurie Weiss

2-line bio:

Dr. Laurie Weiss, a psychotherapist, coach and author, helps clients release anxiety and toxic stress to reclaim life energy and find joy in life. For free **Reduce Worry Program**, <http://www.LaurieWeiss.com>

Short Bio:

Dr. Laurie Weiss, psychotherapist, coach and author of **Letting It Go**, has helped more than 60,000 individuals reclaim life energy and find joy in life for more than four decades. She has taught professionals in 13 countries and authored 13 books that make complex information accessible to anyone. Free **Reduce Worry Starting Now Program**, <http://www.LaurieWeiss.com>

Medium Bio

Dr. Laurie Weiss, psychotherapist, coach and relationship communication expert has helped more than 60,000 individuals reclaim life energy and find joy in life for more than four decades. She has taught professionals in 13 countries and authored 13 books that make complex information accessible to anyone. Her popular, **Letting It Go**, teaches rapid anxiety and stress relief. <http://www.LaurieWeiss.com>

She and her husband, Jonathan B. Weiss, Ph.D., started working together in 1970. Both Drs. Weiss love mixing business and pleasure and enjoy visiting professional colleagues and friends around the globe. They live and work in Littleton, Col. USA.

Long Bio:

After more than 40 years practicing psychotherapy and coaching, Dr. Laurie Weiss had no intention of starting a new phase of her career. Then a colleague helped her resolve her persistent, hyper-sensitivity to noisy places, using an amazing new technique. She was astounded that he did it in just a few minutes, while standing on the sidewalk outside a restaurant, using only words.

Dr. Weiss was so intrigued with this recently discovered tool that she and her husband, Dr. Jonathan B Weiss, went to Nova Scotia, Canada, to learn to help their clients make important life changes in a fraction of the time, and with a fraction of the pain ordinarily associated with psychotherapy.

Four years and considerable studying later, they became the only Certified Master Logosynthesis® Practitioners and Basic Trainers in the United States.

Being innovative was nothing new to Laurie Weiss. Encouraged by her parents to be independent, at age 14, in 1954, she talked the local druggist into hiring her as his first delivery girl! As a teenager, Dr. Weiss read science fiction stories about how ordinary people could do extraordinary things and was determined to find the right teachers to help her learn to do those things too.

Living in Chicago, she traveled the United States and Canada as a Senior Girl Scout and decided she wanted to live in Colorado. She became fascinated by science, won awards, was invited to work in a medical laboratory and apprenticed as a medical technician.

She met her husband-to-be about a week after she transferred to the University of Colorado. The Weisses returned to Chicago for his graduate work where she supported them as a laboratory technician until she was encouraged to use her skills to teach science.

Again she became fascinated by something new, the best-selling book ***Games People Play***, as a tool for classroom management. In 1969, they moved their young family to Colorado to introduce Transactional Analysis in the Denver area while continuing to study and teach and develop their own work.

Their first book, ***Recovery from CoDependency: It's Never Too Late to Reclaim Your Childhood***, sold 40,000 copies. Acclaimed by John Bradshaw as the only psychotherapists who used a true developmental approach to Inner Child work, they taught at Addiction Recovery conferences for several years.

Laurie Weiss has long believed that ordinary people can learn to help themselves solve all kinds of problems if only they have the right tools. Through her teaching and writing, she has specialized in making those tools accessible to anyone. She is known for her expertise in writing in a way that makes complex professional information usable by ordinary people.

At different times throughout her career she has developed expertise in and taught:

- Science Teaching in grade school
- Using Transactional Analysis in the classroom
- Transactional Analysis Psychotherapy
- Codependency Recovery
- Developmentally Based Psychotherapy
- Feminist Therapy
- Ethics in Psychotherapy
- Relationship Development (and Healing)
- Personal and Business Relationship Communication

- Coaching
- Rapid Stress and Anxiety Relief (Logosynthesis)

She earned an MA in Psychology and a PhD in Health and Human Services while practicing, writing and raising her family. She is certified as a Teaching and Supervising Transactional Analyst, and Master Certified Coach.

She is the author of 13 books, several ebooks and numerous articles. Her work has been translated into German, Chinese, Spanish, French, Portuguese, and Arabic.

Married in 1960, both Drs. Weiss have traveled extensively, teaching in 13 different countries. They have two children and five grandchildren.

They love mixing business and pleasure and have enjoyed visiting with professional colleagues and friends around the globe. Lately they have discovered the delights of learning publishing and internet marketing while cruising with friends and colleagues.

They live and work in Littleton, Col. USA.

Speaker Introduction:

Before you leave today, Dr. Laurie Weiss will teach you how to use three magic sentences to dissolve the worries that keep you awake at night. In fact, you'll start using process during her talk.

Even if you're a person who frequently imagines all the terrible things that might happen, you'll find that this new, elegant European process will help you learn to dissolve those awful images in just a few minutes using only words.

Dr. Laurie knows first-hand about overcoming fear. She has walked on hot coals, even though she was terrified of burning her feet. She went indoor skydiving for the first time at age 67 and learned zip lining at age 75.

Over 60,000 readers have embraced the wisdom of Dr. Laurie Weiss. As a stress-relief expert, psychotherapist, coach and marriage counselor, Dr. Laurie has been helping clients reclaim life energy and find joy in life for over four decades. She has taught professionals in 13 countries and authored 13 books that make complex professional information accessible to anyone. She and her husband-business partner, Jonathan B. Weiss, Ph.D., live and work in Littleton, Colorado (USA). They are the only Certified Master Logosynthesis® Practitioners in the US.

(more on next page)

5 Fun Facts You Didn't Know About Me:

1. I was on television for the first time in 1947 when I sat in the top row in the Peanut Gallery on the Howdy Doody Show.
2. I studied with a Lakota shaman for 7 years.
3. I am fascinated by elephants and have been blessed by several of them in India and have been tasted by a baby elephant in Thailand.
4. I went indoor skydiving for the first time at age 67 and zip lining for the first time at age 75.
5. I spent an afternoon at the sex temples at Khajiraho and learned more possible sex positions than I can possibly remember.