

BIOGRAPHICAL OUTLINE - DR. DAVID POSEN "Doc Calm"

As a newly graduated MD, Dr David Posen quickly found the world unfolding before him. Even before graduating from the University of Toronto Medical School in 1967, he set off to San Francisco for a research project and followed graduation with an internship in Edmonton, Alberta. The Canadian Arctic became the next stop on his transcontinental journey, where Posen worked in general practice, much of it by bush plane, obtaining his pilot's license along the way. A stint in the ancient city of Jerusalem drew him into a year-long practice, including two summers as a doctor on the archaeological dig at Tel Gezer and a climb up Mount Sinai. Finally, in 1971 he returned to Canada and started a family practice in Oakville, Ontario where he remains today.

In 1985 Dr. Posen gave up family medicine to devote his time exclusively to stress management, lifestyle counseling and psychotherapy. His professional speaking engagements to business, education, government, and professional groups stretch across North America. He counts American Express, Warner Bros., Verizon, Chevron, Pfizer, Research in Motion (RIM), Kraft, Hilton Hotels, Microsoft, Cisco Systems, the University of California and Rogers Communications among his clients.

Through weekly columns on the Canoe.ca website in the early part of the new millennium, David became known as Doc Calm, the "go-to guy" who wrote about stress and lifestyle management in the same conversational, practical and entertaining style that have made all his books national bestsellers. His books, **ALWAYS CHANGE A LOSING GAME, STAYING AFLOAT WHEN THE WATER GETS ROUGH** and, **THE LITTLE BOOK OF STRESS RELIEF**, continue to be sold around the globe and the latter has been translated into five languages. His magazine articles have appeared in Canadian Living, Readers Digest and several medical journals, and David has been quoted in many leading magazines such as Redbook, Cosmopolitan, McCall's, Men's Health and USA Weekend. His television and radio appearances have aired nation-wide.

Married with two children, David lives and works in Oakville, Ontario, near Toronto. When he is not reading, golfing or playing tennis, he continues to pursue his love of music, playing trombone in the Oakville Wind Orchestra and the Milton Concert Band.