

INTRODUCTION FOR DR. DAVID POSEN

David Posen was a family physician for 17 years before specializing in stress management and lifestyle counseling. He lectures widely across North America, speaking to many Fortune 500 companies as well as professional, government, education and community groups.

He is also the author of three best-selling books: *Always Change a Losing Game*, *Staying Afloat When The Water Gets Rough* and his latest, *The Little Book of Stress Relief* which has been translated into five languages and is being sold around the world. He's going to talk to us today about _____

David lives and works in Oakville, Ontario (near Toronto) and practices what he preaches. In addition to his busy schedule of seeing patients, writing and public speaking he is an avid reader, golfer and tennis player. He played trombone in the Oakville Symphony Orchestra for nine years and now plays in both the Oakville Wind Orchestra and the Milton Concert Band.

Please welcome David Posen