

DR. DAVID POSEN M.D.

SPEAKER · AUTHOR · TRAINER

DOC  
CALM

## **BIOGRAPHICAL OUTLINE - DR. DAVID POSEN “Doc Calm”**

Dr. David Posen graduated from the University of Toronto Medical School in 1967. He was involved in a research project in San Francisco before interning in Edmonton, Alberta. After a year in general practice in the Canadian Arctic, he spent a year practicing in Jerusalem. In 1971 he started a family practice in Oakville, Ontario

In 1985 Dr. Posen gave up his family medicine to devote his time exclusively to stress management, lifestyle counseling and psychotherapy. He has spoken widely to education, government, business and professional groups across North America. His recent clients include *Warner Bros., University of Michigan, US Steel, Chevron, Verizon, American Express, Allstate Insurance, Hydro One, State Farm, Research in Motion (RIM), Rogers Communications, Pfizer, Kraft, Hilton Hotels, US Foodservice, London Life, Dun & Bradstreet (D&B), Microsoft, University of Florida Athletic Association, BC Association of Broadcasters, Canadian Home Builders Association, McKinsey, Ernst & Young, City of Hamilton, Ontario Crown Attorneys Association, CIBC, IBM, Mohawk College, Ontario Government Centre for Leadership, Citizenship & Immigration Canada, Shoppers Drug Mart and the Million Dollar Round Table.*

He is author of three best-selling books, ALWAYS CHANGE A LOSING GAME, STAYING AFLOAT WHEN THE WATER GETS ROUGH and THE LITTLE BOOK OF STRESS RELIEF, now in its twelfth printing and translated into six languages. David’s newest book, titled IS WORK KILLING YOU?, was released in February 2013.

His magazine articles have appeared in Canadian Living and Readers Digest as well as several medical journals. He wrote a weekly column on stress and lifestyle management for a year on the popular website [www.canoe.ca](http://www.canoe.ca). David has appeared many times on TV and radio across Canada and has been quoted in many leading U.S. publications such as the Wall Street Journal, People, Men’s Fitness, Redbook, McCall’s, Men’s Health and USA Weekend.

Married with two adult children, David lives and works in Oakville, Ontario, near Toronto. In addition to his busy schedule of seeing patients, writing and public speaking, he is an avid reader, musician and tennis player. He played trombone in the Oakville Symphony Orchestra for nine years and now plays in the Oakville Wind Orchestra.