

## **Dr. Tami West Bio/Intro 2023**

Stress and Mental Health Expert Dr. Tami West uses her entertaining and compelling style to shine a new light on how to transform your life and discover solutions to life's challenges. Her passion stems from a lifelong battle with an anxiety disorder which has uniquely equipped her to teach, encourage, and motivate others.

Tami has worked in a variety of industries including healthcare, school nutrition, corporate sales, and 10 years as a public-school teacher. In 2013 she received her PhD in Human Development, studying the connections among stress, emotions, and identity.

Dr. West has spoken in 48 states across the US, as well as the United Kingdom, Australia, and New Zealand. In any given year, Tami speaks to groups with audiences consisting of anywhere from 100 to 3,000 people. Her audiences are diverse and include Danbury Federal Prison inmates, teachers, healthcare staff, administrative assistants, food service, and senior executives.

Dr. West is the author of several successful publications including three books: *The Stress Club*, *Life Without the Monsters* and *Thrive*. When she's not speaking or writing, you might find her with her traveling with her husband and family, reading historical fiction, or watching *Big Bang Theory*.

Tami connects with audiences through real experience, cutting edge research, and transparent stories – all sprinkled with humor! She will make you laugh, cry, and shine a refreshingly new light on life's challenges.

### **Television Interviews**

[WGN Chicago Medical Watch](#)

[Fox News 17 Tennessee Mornings with Kelly Sutton](#)

[Tampa Daytime](#)

### **Other Links**

[YouTube Channel](#)

[Website](#)

[Podcast Consider Yourself Hugged](#)



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