



Snap Out of it **NOW!**®

SnapOutOfItNow.com

800.753.1417

with Dr Adrienne Ahern
(As seen on Public Television)

About Dr Adrienne Ahern

Dr. Adrienne Ahern is a performance psychologist, speaker, and creator of the **Snap Out of it NOW!** processes. Author of two books, **Snap Out of It NOW!** and **Back in Charge!**, Dr Ahern lectures and leads workshops throughout the country, working with individuals, organizations, and companies to enhance performance and well-being using the science of the brain. She speaks to corporations nationwide and leads seminars on training the brain, offering an inspirational message as well as practical tools for participants. Dr. A's public television show, **Snap Out of it NOW!**, will be distributed nationally by American Public Television in March, 2009.

Dr. Ahern's **Snap Out of it NOW!** techniques produce immediate results, reducing stress and anxiety, as well as overcoming unconscious obstacles to peak performance and optimal health. She has worked with thousands of clients who have benefited from her simple yet profound exercises. Through fifteen years of clinical work, organizational consulting, research focusing on the advancement of human potential, and her own spiritual practice, Dr. Ahern has worked with professional athletes, CEO's, and top performers in many fields to tap their full potential using methods that integrate psychology, psychophysiology, neurofeedback, and personal achievement analysis.

Dr. A has a PhD in Clinical Psychology from the California School of Professional Psychology with specializations in Counseling and Clinical Psychology from the University of San Francisco and the California School of Professional Psychology. She spent 7 years in clinical practice at the prestigious Scripps Hospital in La Jolla, California.

Dr. Ahern authored **Snap Out of it NOW!**, a guide to optimizing health and performance. The book outlines how to break free from the prison of past conditioning, how to feel and experience life fully, and how to rewire the brain to create the life you desire. Her second Book, **Back in Charge!** further explores how to harness the power of the brain to achieve goals and dreams. Back in Charge! will be released in June, 2009 and includes a 2-CD set of practical guided exercises.

Dr. A now spends her time sharing **Snap Out of it NOW!** processes through speaking engagements, a national public television special, workshops and her DVD's & CD's. Dr. Ahern has been profiled in the San Francisco Examiner, Entrepreneur Magazine, Women Business Magazine and is a frequent expert commentator on radio and television. An avid athlete in her own right, Dr. Ahern loves to ski, golf, and surf when she can. She and her husband divide their time between Reno, Nevada, and La Jolla, California.

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Speaking demo, testimonials, and references available on the website.
For booking information or to discuss specific needs for your event
please contact the office of Dr. Adrienne Ahern at 800.753.1417