

John Ryder, Ph.D.

Psychologist, Author, Speaker

Articulate and accomodating

Experienced with media and interviews

Easy personality with a warm, deep voice

A professional with more than 20 years of experience as a psychotherapist, achievement coach and expert in hypnosis. He served as an Assistant Professor at Mt. Sinai Medical Center after earning a doctorate in psychology at CUNY. He has travelled around the world, studying the secrets to a healthy and successful life with many of the most respected leaders of both Western and Eastern traditions.

Dr. Ryder has been a consultant to many successful individuals, corporate executives, athletes and celebrities. He has shared his expertise on a variety of radio and television shows. A highly requested speaker and workshop leader, he travels and lectures widely.



Dr. Ryder has appeared on:



Consult an Expert about general or specific issues in psychology:

Why people do what they do? Current events, celebrities, psychotherapy, hypnosis . . .

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|---------------------|--------------------|----------------------------|---------------------------|
| ▶ STRESS | ▶ ANXIETY | ▶ DEPRESSSION | ▶ RELATIONSHIPS |
| ▶ Will Power | ▶ Decisions | ▶ Thinking Positive | ▶ Peak Performance |

John has been named **"The Mental Fitness Guru"** because he knows what makes us crazy and how to become stronger, more flexible, etc.

POSITIVE DIRECTIONS

Dr. Ryder's new book explains a set of strategies you can use to change anything physical, emotional, intellectual, and/or spiritual in a positive direction. This is an integrated system of powerful tools to conquer stress, negative emotions, bad patterns, lack of energy, and poor judgment. This book will equip you with the leverage to reverse a negative direction and propel you toward greater success and fulfillment – in **Positive Directions!**

A new personal development book to make life easier.

www.JohnRyderPhD.com (visit Media & Podcasts)

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Contact my office anytime for questions or an interview in person or over the telephone. Last minute bookings are possible.

