
About Amy B. Scher



Amy B. Scher is a NYC-based expert in mind-body healing and author of *This Is How I Save My Life* (Gallery Books, 2018) and *How To Heal Yourself When No One Else Can* (Llewellyn Worldwide, 2016).

- She has been featured in major publications including **CNN**, **Curve magazine**, **The Huffington Post**, **Cosmopolitan**, the **San Francisco Book Review**; and was named one of the Advocate's "40 Under Forty" in 2013.
- After years of struggling with various medical conditions, she discovered answers to the important question: *Why do some people heal from emotional and physical issues, while others don't?*
- Amy healed herself when doctors had given up all hope, and after creating her own tried-and-true system, is now an internationally sought-after practitioner helping others achieve true healing.
- Amy's unique and life-changing work has been endorsed by #1 NY Times bestselling author **Elizabeth Gilbert** (*Eat, Pray, Love*, and *Big Magic*), #1 NY Times bestselling author and healing guru **Bernie Siegel, MD** (*Love, Medicine and Miracles*), #1 NY Times bestselling author **Pam Grout** (*E-Squared* and 15 other books); and **Sanjiv Chopra, MD, MACP**, Professor of Medicine, Harvard Medical School (author of *Brotherhood with Deepak Chopra*); and other notable authors.
- Her inspirational story, down-to-earth approach to self-healing, and accessible teaching style has been well received by a variety of audiences including the Department of Psychiatry at Stanford University and the Harley-Davidson Motor Company. She speaks at conferences and healing retreats nationwide.





Speaking Topics

EMOTIONAL HEALING 101

Amy will introduce participants to the foundation of healing and the distinct difference between those who get well, and those who don't. Amy will teach her simple but powerful version of Emotional Freedom Technique (EFT), which can be used to release anxiety, fear, and other emotions that block healing.

RELEASING FEARS THAT BLOCK YOUR BEST LIFE

Fear is the single most powerful thing that Amy sees as a block to health and happiness. She will share what fear really is, why it's so hard to talk your way out of it, and most importantly, how we can retrain our bodies to be calm and confident.

HOW TO HEAL YOURSELF WHEN NO ONE ELSE CAN

Based on Amy's bestselling book of the same name, this deep dive with participants will introduce them to a 3-part approach to permanent and complete healing: clearing stuck emotions in the body, releasing harmful beliefs, and addressing fear. Amy will teach simple techniques which can easily be integrated into anyone's daily life. (requires longer-form presentation, usually full day)

ADDRESSING DIFFICULT EMOTIONS IN KIDS AND TEENS

Amy is often called the "teenage whisperer" for her ability to relate to and help kids that are resistant to expressing their emotions. Using simple techniques and a light-hearted approach, Amy shows kids that acknowledging and releasing difficult feelings isn't as scary as they may think. And, in many cases, they don't even have to talk about them.

RELEASE ANXIETY AND TAP INTO JOY

Helping people release anxiety is a specialty of Amy's that she handles with incredible success. Anxiety is not an emotion in and of itself, but rather a suppression of emotions that are stuck in the body. Amy will share her groundbreaking work on anxiety and teach participants how to release it, reprogramming their body for joy!

ADDITIONAL POPULAR TOPICS: Simple Stress Relief for People Who Can't Sit Still to Meditate and Don't Like Yoga, No Experience Necessary: How You Can Write Your Story to Heal Your Life, Healing Grief For a Lighter Heart, Finding Your Zen: Anti-meditation Techniques For People Who Can't Sit Still, The Body's Language: What Your Symptoms Are Trying To Tell You.



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Amy lives by her self-created motto:

“When life kicks your ass, kick-back.”



BE YOU. BE HAPPY. BE FREE.

