
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 – translated into 9 languages). Her forthcoming book, *How To Heal Yourself From Anxiety*, will be out in 2019.

- She has been featured in **CNN, The Huffington Post, CBS, The Rumpus, Cosmopolitan, the Los Angeles Review of Books**; and was named one of the Advocate's "40 Under Forty."

- After years of struggling with various 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 and is now an internationally sought-after energy therapist helping others achieve true healing.
- Amy now trains physicians and practitioners at major medical organizations and in private practices to prevent secondary trauma and burnout along with integrating her techniques with their patients.
- Amy's life-changing books have been endorsed by #1 New York Times bestselling author **Elizabeth Gilbert** (*Eat, Pray, Love, and Big Magic*), **Sanjiv Chopra, MD, MACP**, Professor of Medicine, Harvard Medical School (author of *Brotherhood with Deepak Chopra*); New York Times bestselling author **Vikas Swarup** (*Slumdog Millionaire*), 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.



Popular Speaking Topics



HOW TO HEAL YOURSELF WHEN NO ONE ELSE CAN

Based on Amy's bestselling book of the same name, this signature program will introduce participants to her 3-part approach to permanent and complete healing: clearing stuck emotions in the body, releasing harmful beliefs, and addressing fear.

EMOTIONAL FREEDOM TECHNIQUE (EFT), THE EASY

AMY WAY! Many people know about EFT, or "tapping," but find it intimidating to do alone. Amy uses her unique and light-hearted teaching style to show participants how simple and powerful this technique can be for common symptoms such as anxiety, headaches, and digestive issues.

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.

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.

RELEASE ANXIETY AND TAP INTO CALM

Helping people release anxiety is a specialty of Amy's that she handles with incredible success. Anxiety is not a singular condition or emotion, but a pattern of suppressing emotions that get lodged in the body. Amy will share her groundbreaking work on anxiety and teach participants how to release it and reprogram their bodies for calm and joy!

ADDITIONAL POPULAR TOPICS: *How To Release Stuck Emotions for Powerful Healing*, *Simple Stress Relief for Every Day Balance*, *Decode Your Body's Language: Using Symptoms as Clues to Healing*, and her series to address major life challenges: *Be Calm* (Retraining the Body's Fight or Flight Response), *Be Well* (Releasing Physical Pain), *Be Sleepy* (Healing Insomnia), and *Be Healed* (Transforming Chronic Challenges like Lyme, CFS, Autoimmune Conditions and more).



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YouTube: <https://www.youtube.com/channel/UCuhzQzr9fgnT8AcrsQATPw>



Amy lives by her self-created motto:

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



BE YOU. BE HAPPY. BE FREE.

