

“Trauma creates change you *don't* choose.  
Healing is about creating change you *do* choose.”

-Michele Rosenthal

**Michele Rosenthal** inspires and guides audiences to overcome depression, anxiety and fear as they rebuild their lives after trauma and adversity. A former faculty member of the Clinical



Development Institute for Timberline Knolls Residential Treatment Center Michele is a popular keynote speaker, award-winning PTSD blogger, bestselling and award-nominated author, workshop/seminar leader and certified professional coach. She hosts the radio program, *Changing Direction*, and is the founder of HealMyPTSD.com.

Michele is also a trauma survivor who struggled with posttraumatic stress disorder (PTSD) for over twenty-five years. She then went on a healing rampage and is happy to tell you that while she thought the journey would never end, she was successful: Michele is now 100% PTSD-free. Since her recovery several years ago Michele now dedicates her professional career to helping survivors, caregivers and healing professionals learn about the effects of trauma and more efficiently navigate the recovery process.

Winner of the Survivor Advocate Award (Mending Broken) and finalist for the Health Activist Hero Award (WEGO Health) Michele is a Contributing Editor for the neuroscience and personal development web site, RewireMe.com; a top health blogger for the Stress Management Community on Wellsphere.com; a trauma and PTSD columnist for HealthyPlace.com; and regularly contributes expert content to many web sites and magazines. In her role as a mental health advocate Michele appears frequently in the media, including CBS, NBC, The Dennis Miller Show, *Ladies' Home Journal*, *St. Petersburg Times*, *Orlando Sentinel*, *The Palm Beach Post* and *The Huffington Post*.

Michele is the author of three books about trauma and recovery:

Her PTSD and recovery memoir, *Before The World Intruded: Conquering the Past and Creating the Future*, was selected as a finalist for the Books For A Better Life Award, Next Generation Indie Book Award, and the International Book Award.

Michele's recent professional books include:

*Your Life After Trauma: Powerful Practices to Reclaim Your Identity*, (W.W. Norton)

*Heal Your PTSD: Dynamic Strategies that Work* (Conari Press).

**Connect with Michele at [YourLifeAfterTrauma.com](http://YourLifeAfterTrauma.com).**