

Dr. Steve Taubman

Empowerment Expert, Results Catalyst, Hypnotist, Humorist

Please contact a GDA agent for information.

Topics

- Activism / Philanthropy / Civic Engagement
- Emcee
- Entertainment
- Leadership
- Mental Health / Psychology
- Mindfulness
- Moderator / Facilitator
- Stress Management

About Dr. Steve Taubman

Dr. Steve Taubman is a bestselling author and world class speaker who has dedicated his life to showing people how to thrive through their challenges. He's written extensively on the application of contemplative practices in stressful situations and has spoken worldwide on mindset mastery for goal-oriented and helping professionals.

Having endured crippling anxiety and low self esteem early in life, Dr. Taubman made it his mission to understand the nature of happiness and the remedy for emotional turmoil. His search led him to neurology, holistic health, mindfulness, positive psychology, and hypnosis. Each of these disciplines is represented in Dr. Taubman's system for living a balanced life, free of neurosis and rich in accomplishment.

Dr. Taubman's works include his bestselling book, **UnHypnosis**, his sales mastery program, **The Magic of Inner Selling**, his online productivity masterpiece, **Procrastination Annihilation**, and his latest book on thriving through stress on life's battlefields, **Bulletproof: The Five Step Stress Free Peak Performance System**. He's also written hundreds of articles for major publications and has produced specialized hypnotic programs for business professionals to remove mental barriers to success.

Dr. Taubman continues to enrich his understanding of the science of happiness and its impact on achievement. When not writing or speaking, Dr. Taubman enjoys spending time with his dog, Woody, in and around his home on the beautiful Burlington, Vermont waterfront.

Select Keynotes

- **Bulletproof: The Five Step Stress Free Peak Performance System**

What if you could thrive in your stressful job and your stressful life while maintaining a calm mind? Is it possible to be simultaneously ambitious and peaceful? What if your busy, stressful life was your best tool for personal development? In this program, Dr. Steve teaches the five-step strategy from his book *Bulletproof* to become master of your own life. Cultivate razor focus through your most intense challenges, achieve inner silence, be calm in chaos, happy for no reason, up for a challenge, bulletproof!

- **Dr. Steve's Hypnosis Extravaganza**

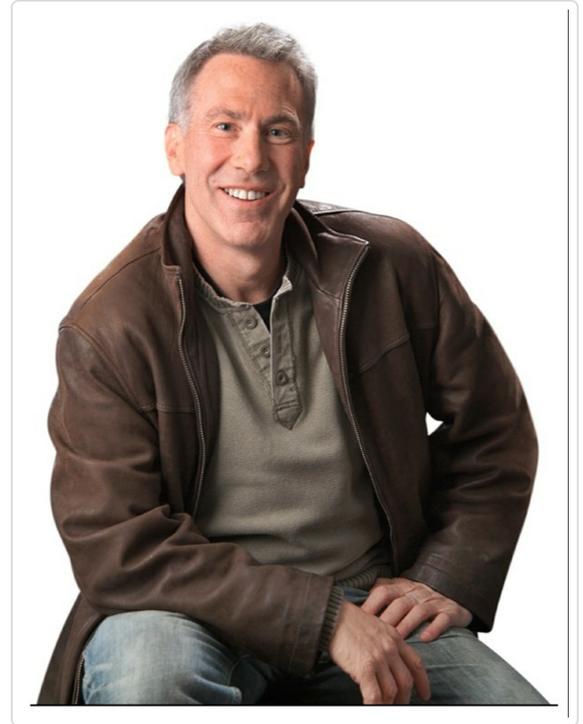
Sometimes you just want to laugh. Dr. Steve can help you do that! Drawing on his 20 year career as a stage hypnotist, he puts on a show that will make you laugh until you cry. And, buried in the midst of this audience participation show (which is highly respectful and business friendly) is a message about the power of the subconscious mind that will be the topic of spirited conversations for months to come!

- **Emcee with Steve Taubman**

Steve will work your crowd with the most entertaining emceeing.

- **Magic in My Pockets**

It's not a magic show, although there's magic. It's not a speech, although there are powerful takeaways and inspirational stories. It's not a comedy show, although you'll laugh until you cry. What it IS is a celebration... of who you are and what you do... and a powerful catalyst for greater accomplishment.



Imagine... spending an hour with one of the nation's top motivational speakers and entertainers in an intimate setting designed for small groups of highly discerning and accomplished people... like you.

This is an experience that defies definition... and that you'll never forget. A consolidated dose of astonishment, humor, and wisdom that changes lives and moves people to action. Designed as a special incentive program for high achieving VIPs in companies that value performance, this event is one of the most powerful experiences you can offer executives and top producers at your next convention or meeting.

- **Prosperity Neurology: Rewiring Your Brain for Success**

What if you could overcome the mental barriers that hold you back? What would you accomplish if you had mastery over your limiting beliefs and emotions? In this program, Dr. Steve draws on the science of mindfulness, hypnosis, and positive psychology to teach a system for overcoming internal blocks to success, leaving you with an exciting new possibility; the chance to move toward your goals with nothing in the way! When your nervous system is on your side, anything is possible!

Select Book Titles

- **2020:** Bulletproof
- **2008:** The Magic of Inner Selling
- **2006:** UnHypnosis: How to Wake Up, Start Over, and Create the Life You Were Meant to Live

Select Articles

- [CAVE GPS: A System for Mindful Leadership](#)

No longer can the leader rely on his or her intelligence, ambition and authority to move the ball down the field. Leaders must be centered, with an ability to demonstrate high levels of awareness and patience. Through centering exercises like meditation and contemplation, the real leader cultivates the inner witness, a part of the self that observes the mind objectively. From this arises critical thinking, emotional intelligence, and compassion.

- [Burnout to Brilliance: Effortlessly Outperform Your Best Year Ever](#)

There's no denying the prevalence of burnout among workers in virtually every industry. With increasing regulations, decreasing resources, heightened competition, and a rapidly changing world, we're often at the helm of a storm-battered ship relying on an exhausted, resentful, overwhelmed, and unhealthy crew to keep us afloat...

- [Creating a Culture of Mindfulness](#)

There are organizations that have discovered the Holy Grail of peace, productivity and engagement. Scratch the surface, and what you'll discover is that a large measure of what fuels that desired state for those organizations comes down to something most organizations haven't even defined let alone prioritized...mindfulness.

- [Zen Monks, Navy SEALs, and You](#)

There exist remarkable leadership lessons drawn from areas other than business. Thankfully, in the last decade, many of the sources have come out of the shadows and been accepted by certain forward thinking companies for their wisdom and applicability. In the area of mindset management, nothing rivals the lessons from Zen philosophy or from Navy SEAL training. And, the most important of those lessons differs very little regardless of which of those sources you explore.

- [How Saying "NO" Can Help You Reach Your Goals](#)

Much of personal growth happens when we take chances and subscribe to new experiences. But one of the pillars of self-care is also the ability to reclaim our time and energy—and you can do that with a simple “no.” Being picky with what you agree to do and turn down puts the power of time back in your hands. Now, we know you can't turn down or reject everything, but, when it comes to reaching your goals, it's important to distinguish what's important to you from what's not pushing you forward.

Select Testimonials

Dr. Steve shows you how to release your brakes, snap out of your comfort zone, and accomplish more than you ever thought possible.

— *Brian Tracy, America's #1 Sales Trainer*

Our time with Dr. Steve is ALWAYS transformational...and fun!

— *Garrett McGrath, President ANMP*

Dr. Taubman presents a program that is enjoyable, engaging, and guaranteed to hold your attendee's attention. And, he's a pleasure to work with. Detail oriented, easy to communicate with, and completely professional. If you can get him...get him!

– *Laura Bratcher, Tennessee Chiropractic Association*

I was so impressed with the way Steve was able to use humor, energy and eloquence to rivet my students' attention and to give them new insights into how to influence an audience, manage their own mindset, and access their creativity in presenting.

– *Marjorie Zohn, Harvard University*

Dr. Steve is an enlightened physician dedicated to helping the entire world with his amazing entertainment and powerful communication skills.

– *Mark Victor Hansen - Author, Chicken Soup for the Soul*

Thanks Dr. Steve for not only entertaining us with your magic and stories, but for leaving us with very useful and practical tools to help with transformation and change.

– *Mary Putnam - National Life Group*

Using research and experiential learning, Dr. Steve Taubman shows us how to make mindfulness a daily practice as we pursue success.

– *Shawn Achor - Author of The Happiness Advantage*

https://www.youtube.com/watch?time_continue=33&v=Qi_BEGdvIGA

– *Video Testimonial - Rudolph Garrison, Liberty Mutual*