

**Ben Michaelis**

Clinical Psychologist and Author

Dr. Ben Michaelis is a clinical psychologist in full-time private practice in Manhattan and is a Visiting Scholar at Columbia University. Dr. Michaelis writes and speaks regularly about mental health, creativity, taking action and helping people to get 'unstuck.' He is the author of numerous popular and scholarly articles and is a regular contributor to The Huffington Post and Psychology Today. Dr. Michaelis is a frequent guest on nationally syndicated TV shows such as NBC's The Today Show, The Hallmark Channel's Home & Family, The Better Show, and MSNBC's Your Business. He is the author of Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy.