



DR. STEVE TAUBMAN

Peak Performance Sales And Leadership Speaker, Mindfulness Coach, Author, Mental Toughness Trainer

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, Buddha in the Trenches. 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.

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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.

To learn more about Dr. Taubman's writings and teachings, visit his website, www.stevetaubman.com.

You're also invited to take his Online Personality Test at quiz.unshakablenation.com.

Links for podcast episode 50

[Click here to check out the replays of my Executive Zen radio show.](#)

[Click here to claim a free digital download of the first couple chapters of my new book, Buddha in the Trenches.](#)

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