

Dr. Belisa Vranich

Dr. Belisa Vranich has 15 years experience working in the US and Canada specifically with populations exposed to high-stress and high stakes scenarios including Fire Rescue, Corrections, DEA agents, SWAT and Homeland Security, Border Patrol, EMS emergency medical personnel and active duty special operators. In the sports world Dr. Belisa has coached individuals and teams in the MLB, PGA, UFC, NFL, and Olympic-level athletes. Dr. Belisa has worked extensively with combat and tactical athletes especially within and JiuJitsu and MMA training camps. Dr. Belisa authored *Breathing for Warriors: Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery and an Unshakable Inner Game.* (St. Martin's Press). Dr. Belisa's degrees are from from UNC-Chapel Hill, New York University/Bellevue Hospital.

A clinical psychologist and a leading expert in mental health and fitness, Dr. Belisa Vranich is the author of *Breathe: The Simple, Revolutionary 14-Day Program to Improve your Mental and Physical Health* (St. Martin's Press/Hay House) and *Breathing for Warriors* (St. Martin's Essentials). She is the founder of www.thebreathingclass.com.

Dr. Belisa is a regular guest on national television, e.g., CNN, Fox News, the Today Show, Good Morning America, and Inside Edition, and has been interviewed by Anderson Cooper, Matt Lauer, Meredith Vieira, Bill O'Reilly, and Nancy Grace. Dr. Oz has recognized her as one of the top US doctors in her field. She has appeared as a guest on Cesar Millan's show, Cesar 911, and has been a guest on podcasts with hosts Robb Wolfe, Ben Greenfield, Joey Diaz, and Dr. Mercola. In addition, Dr. Belisa has been interviewed as an expert in numerous publications, including *Crain's* magazine, *GQ*, *The New York Times*, *The Los Angeles Times*, *The Wall Street Journal*, *Vogue*, *Time Magazine*, and *Cosmopolitan*.

Dr. Belisa has extensive experience working with first responders: firefighters, military and law enforcement for topics related to endurance, stress reduction, precision, pain reduction, and PTSD. A firm believer in the importance of giving back, she volunteers and supports numerous organizations related to veterans and animal rescue organizations in New York City and Los Angeles. Dr. Belisa is an outspoken advocate of organ donation and dedicated her first book to Liamslife.org

Dr. Belisa was the former Director of Breathing Science at The Ash Center for Comprehensive Medicine in New York City and has served as an advisor for the Fitness Institute for Gold's Gym. She was previously the Health and Sex Editor at *Men's Fitness Magazine*, an expert for *Men's Health*, and *Shape* magazine, an advice columnist for the *New York Daily News*, and *Foxnews.com*. She was the Director of Public Education at the Mental Health Association of NYC; taught at New York University, was a consultant at the National Mental Health Association in Washington, DC; director of an outpatient clinic at Jacobi Hospital Center, Bronx, NY; a school psychologist in the South Bronx; and part of the Brooklyn Aids Task Force supporting parolees and their families. Dr. Belisa's book for children, *The Belly Breath*, appeared in 2017 (The Breathing Class Press).