Speakers List

At The Marsh we continually seek growth and experience by bringing speakers and presenters in for programs. Some of these have been . . .

- Bruce Abrahamson, *Architect for both phases of The Marsh*
- ACE Board of Directors meeting June, 1995
- Jeanne Achterberg, Ph.D., psychologist, best known for her work in imagery and healing author of five books including *Imagery in Healing and Woman as Healer*
- Ken Alan, Fitness expert, Trainer IDEA workshops, IDEA Fitness Instructor of the Year, 1991
- Alexander Ametov, M.D., chief of endocrinology, Central Institute for Advanced Medical Studies, Moscow
- Bill Anderson, Ph.D. and Kate Brennan Anderson, LPN, on management of both chronic and/or emotional pain. Bill is author of *Chronic Pain: Taking Command of Our Healing.*
- Dale Anderson, Dr., humorist and author of *Humor for the Health of It*
- Sharon Anderson, KSTP Good Company hostess, HGTV program
- Robin Asbell, owner and Chef of Natural Food Chef In Home Catering Services
- Karen Ashe, M.D., Ph.D., Director of the Center for Memory Research and Care at the University of Minnesota – best known for developing forgetful mice
- Joseph Bailey, M.A., author of several books, including *Fearproof Your Life, The Serenity Principle, Slowing Down to the Speed of Love and The Speed Trap*
- Earl Bakken, founder of Medtronic
- Dr. James Baltzell, author of *Meditation for the Rest of Us*
- Marc Ian Barasch, editor at *Psychology Today and Natural Health Magazine.* Writer and co-producer of “One Child One Voice” television segment for TBS author of many books and articles on healing.
- Charles Bates, psychotherapist, author of *Ransoming the Mind, Pigs Eat Wolves*
- Brent Bauer, M.D., Director of Complementary and Integrative Medicine at Mayo Clinic
- Harold Becker, author *Internal Power, Seven Doorways to Self-Discovery*
- Tom Behan, President of IHRSA, the International Health and Racquet Sports Association
- Alan Bensman, M.D., physiatrist
- Herbert Benson, M.D., founding President of the Mind/Body Medical Institute, Harvard Medical School. Pioneer in the field of behavioral medicine and mind/body studies. Author and co-author of many publications and books, including *The Relaxation Response.*
- Mary Ann Benton, *Minds Moving* body class creator
- Bonnie Berger, Associate Dean School of Health Sciences School of Physical and Health Education University of Wyoming
- Maria Nhambu Bergh, video premier of Aerobics With Soul
- Tim Bergstedt, Dr., Mayor of Minnetonka
- Bertice Berry, Ph.D., Award-winning author, entertainer, lecturer, and sociologist
- Gary Bezeecny, herb farm owner and author of *Magic of Herbs*
- Joe Big Bear, Ojibwe healer
- Bill Bliesath, The Organizing Guy, author “Organizing for Your Peace of Mind”
- Walter Bortz, Ph.D., author *We Live Too Short and Die Too Long*
- Ron Bowen, landscape architect for The Marsh, author *East to the Bay* solo sub-arctic Canadian canoe trip
- Carolyn Braddock, M.A., P.C., author *Body Voices*
- Carole Osborne Bratter, speaker and founder of The Mentor Center
- Mary Bray, creator Marywell
- Ron Brown, author *East to the Bay*
- Stuart Brown, M.D., Medical doctor, psychiatrist, researcher, author and founder of the *National Institute for Play*
- Yvonne Bruderer, Swiss trained physical therapist Healthy Movements Method
• Lucia Cappacchione, Ph.D., author and presenter *Lighten Up Your Body, Lighten Up Your Life.*
• Diane Carlson, whole foods specialist *“Five Seasons Whole Foods Cookery”*
• Sage Cowles, Nationally renowned race walker, modern dancer
• Mihaly Csikszentmihalyi, Ph.D., author and speaker on psychology, creativity and flow
• Kathy and Peter Davis, founders of I.D.E.A., International Dance Education Association
• Keith Gaddy Davis, author *The Pause, Oxalis A Story of Renewal*
• Victor Dishy, author of *Inner Fitness*
• William C. Dement, M.D., Director of Sleep Research Center, Stanford University
• Larry Dossey, M.D., prolific author and lecturer on Mind and Meaning in Medicine
• Krs Edstrom, author *Healthy, Wealthy, and Wise*
• Allen Edwards, certified Watsu instructor
• Roger Eischens, yoga strategies for stiffs, strategies for stability
• Henry Emmons, M.D., psychiatrist, leader of Mindfulness-Based Stress Reduction groups, 1997 Bush Fellowship recipient to study the integration of complementary and alternative medicine in the practice of psychiatry.
• Masaru Emoto, Dr., Doctor of Alternative Medicine and author, *Hidden Messages of Water*
• Donna Erickson, M.A., creative parenting expert, author *Prime Time Together. . .With Kids*
• Lenore Everson, M.D., author *Detecting Breast Cancer Through the Use of Mammography*
• Cathy Feste, Marsh member and author *The Physician Within, Meditations on Diabetes*
• Lucy Rose Fischer, Ph.D., author of *I’m New at Being Old*
• Racheal Freed, author *Women’s Lives Women’s Legacies*
• Debra Froberg, M.A., Ph.D., *Circle of Life*
• Elizabeth Garren, Alexander Technique expert
• Madeline Gartner, M.D., FACS, listed in the 2006 edition of Guide to America’s Top Surgeons published by the Consumers’ Research Council of America
• Ronda Gates, M.S., nutrition expert, author of *Outwitting Osteoporosis: The Smart Woman’s Guide to Bone Health, Low fat Cooking, Nutrition Nuggets*
• Nancy Gibson, naturalist, author, *Creature Feature* presenter on KARE 11 television
• Natalie Goldberg, writing and meditation
• Richard Golden, M.D., neurologist and partner for Noran Neurological Clinic
• James Gordon, M.D., Founder and Director of the Center for Mind-Body Medicine, Washington, D.C.
• Helmut Gottschild, dancer, choreographer, Philadelphia
• Kevin Graham, M.D., Director of Preventative Cardiology at the Minneapolis Heart Institute
• Sherman Greenfield, World Class Racquetball champion
• Jan Grover, Minnesota author “*Write Yourself a Legacy”*
• Mimi, Guarneri, M.D., cardiologist and co-founder/medical director, Scripps Center for Integrative Medicine, La Jolla, CA, author of *Heart Speaks*
• Jan Guenther, triathlete, marathoner and business owner
• Judith Guest, author *Ordinary People, Errands*
• Matt Haugen, Ph.D., Sports Psychologist and Triathlete. Speaker on Mental Performance Power
• Ann Hammel, Alexander Technique expert, N.Y.
• Carl Hammerschlag, M.D., internationally recognized physician, speaker and healer, author of *The Dancing Healers*
• Warren Hanson, Twin City author and illustrator *The Next Place*
• Barbara Ruth Hauser and Marilynne Anderson, business women and co-founders of *The Women’s Leadership Forum*
• David Haynes, author *Live at Five*
• T. George Harris, former editor of *American Health, Psychology Today,* and *Harvard Business Review*
• Trish Herbert, Ph.D., Marsh Member, psychologist, gerontologist and author *Journeywell: A Guide to Quality Aging*
• Peggy Hoime, speaker, author of *My Journey to Weight Mastery*
• Mary Howell, US National Race walking Team member and Exercise Physiologist
• Chungliang Al Huang, internationally respected Tai Chi Master and authority on East-West cultural systems, author *Embrace Tiger Return to Mountain*
• Chris Hutchinson, Fly Fishing Instructor
• Carole Markus Hyde, founding partner Balanced Environment feng shui consulting
Allan Ingenito, M.D., J.D., neurologist, *Living with Chronic Conditions*
Charles Inlander, author of *Good Operations, Bad Operations*
Jonathan Irla, creator Yogilates
Kay Redfield Jameson, Ph.D., professor of psychiatry, author *An Unquiet Mind: A Memoir of Moods and Madness*
Janie Jasin, founder and president of Creativity “No Limits”, motivational humorist and author of *If Love is Contagious I Hope You Never Get Well, The Littlest Christmas Tree and Heart and Hands*
Belinda Jensen, KARE 11 Meteorologist
Hillary Johnson, *Ose’s Web* author, chronic fatigue syndrome
Morris Johnson, dancer
Michael Jones, musician, storyteller
Nathan Jorgenson, Minnesota author *Waiting for White Horses*
Jon Kabat-Zinn, Ph.D., Executive Director of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School, author of several books including *Wherever You Go, There you Are: Mindfulness Meditation in Everyday Life*
Michael Kelly, Somatica Transformational Movement
Nancy Kerber, Member of MN Women’s Fly fishing Club and International Festival of Women Fly Fishers
Dr. Kest, clinician and educator in body-oriented therapy
Billy Jean King, tennis professional (now retired)
Petra Kolber, IDEA Instructor of the Year, 2001, creator of B.R.E.A.T.H.E. program
Mary Jo Kreitzer, Ph.D., R.N., founder and director of the Center for Spirituality and Healing, University of MN
Richard Kyle, M.D., orthopedic surgeon
Colet LaHoz, R.N., acupuncturist, author *Conquering Yeast Infections—the non-Drug solution*
Larry Lane, creator of Yogarobics
Vicky Lansky, parenting expert, author of *One Hundred Ways to Make Your child Feel Special, One Hundred Ways to Say I Love you and Trouble Free Travel With Children*
Elizabeth Larking, Senior Dance Specialist at the Center for Sports Medicine St. Francis Memorial Hospital, San Francisco
James Larson, M.D., orthopedic surgeon presentation as part of physician lecture series, *Healthy Knees*
Gloria Leon, Ph.D., Professor of Psychology and Director of Clinical Psychology at the University of MN, author *Eating Disorders in an Affluent Society*
George Leonard speaker *Transformation of the Body*
Greg LeMond, International cycling champion, Tour de France winner
Michael Lerner, Ph.D., co-founder of Commonweal, a health and environmental research institute, author, pioneer in ecological medicine, complementary therapies
Carl Lewis, Olympic and World Champion track athlete
Sandra Greenquist Lindell, certified nurse-midwife and active member of American College of Nurse Midwives
Virg Luken, Olympic swimmer, NCAA swimming champion conducting “Skills workshops for adult swimming”
Judy Mahle Lutter, Founder of Melpomene Institute
James Lynch, Ph.D., author *A Cry Unheard: New Insights in the Medical Consequences of Loneliness*
Freya Manfred, Minnesota native and author of three books of poetry
Richie Marchosky, Co-owner of Creative Fitness Concepts, dancer, instructor
Ella Marks, Ph.D., Marsh member, life-long learner and mentor. Wise voices
Etta Martin, psychologist, psychotherapist, body image expert
Monica Maye, artist and educator
John McCarthy, Executive Director of IHRSA, the International Health and Racquet Sports Association
Barbara McAfee, Voice coach and Voice Yoga
David McNally, speaker, author *Even Eagles Need a Push*
Melpomene Bodywise Workshop Series featuring Judy Mahel Lutter, Sally Ehlinger, Ph.D., Lynn Jaffee and Ann Bancroft (first woman to travel across the ice to both the North and South Poles).
• Linda Modaro “discovering Chi” lecturer on Chinese medicine, Chi Gong
• Jacqueline Moore, Ph.D., Creative Achiever Training
• Marjorie Moore, Guild Certified Feldenkrais Practitioner
• Wendy Morris, Kinetic Awareness Practitioner
• Veronique Moyer, French educator
• Thomas Muller, Ph.D., one of the world’s most traveled individuals
• Jacqueline Murray, founder and director FYI Wardrobing Service for Dayton Hudson Department Stores, Editor at Large Third Age Woman newsletter
• Caroline Myss, author Why People Don’t Heal, Anatomy of the Spirit: The Seven Stages of Power and Healing, Sacred Contracts: Awakening Your Divine Potential, pioneer in the field of medicine and human consciousness
• Sarah Nettleton, author Simple Sustainability
• Ardyth Norem, Ph.D., speaker Matching Inside and Outside
• Sharon Norling, M.D.
• Jane Norstrom, diabetes expert, author of Diabetes Actively Staying Healthy (DASH)
• Christiane Northrup, M.D., women’s heart health expert, author of Mother-Daughter Wisdom.
• Jacqueline Olds, M.D., Harvard Medical School professor and author of The Lonely American: Drifting Apart in the Twenty-first Century
• Lisa Olsen, parenting author, TV personality
• Wendy Palmer, Cofounder and teacher of Aikido, author of The Intuitive Body and The Practice of Freedom: Aikido Principles as a Spiritual Guide
• Joyce Nelson Patenaude, Ph.D., author, licensed psychotherapist Too Tired to Keep Running, Too Scared to Stop
• Pamela Peeke, M.D., adjunct senior scientist with NIH, director of the Center for Mind-Body Medicine in Washington D.C.
• Kenneth R. Pelletier, Ph.D., author of Sound Mind, Sound Body: A New Model for Lifelong Health and director of the NIH funded Complementary and Alternative Medicine Program at Stanford University
• Candace Pert, Ph.D., neuroscientist, author Molecules of Emotion, Why You Feel the Way You Feel
• Paisely Pettine, guest instructor
• Stuart Pimsler, Dance Group
• Jose Pinto-Filho, Brazil’s champion triathlete
• Gregory Plotnikoff, M.D., Medical Director of the Penny George Institute for Health and Healing at Abbott Northwestern Hospital, expert on Vitamin D deficiency
• Glady Portugese, body builder, author of Hard Bodies
• Swami Prmananda, Reiki Master
• Bonnie Prudden, Pioneer in fitness movement, creator of Myotherapy, author of many books on fitness
• Suzy Prudden, author of Meta fitness, Change Your Mind, Change Your Body
• Professor Xiyu Qi, internationally renowned Chinese economist, BeChing Institute of Technology
• Dr. Robert Putnam, author of American Grace: How Religion Divides and Unites Us and Bowling Alone
• Rebecc Ruggles Radcliffe, author Enlightened Eating: Understanding and Changing Your Relationship with Food
• John Ratey, M.D., author of the book, Spark: The Revolutionary New Science of Exercise and the Brain
• Jason Reed, M.D., a practicing internist and founding partner and medical director of Relief Laser
• Matthieu Ricard, Buddhist monk and author of several books, including Happiness: A Guide to Developing Life’s Most Important Skill
• James Rippe, M.D., researcher, co-author of the Ruth Stricker Mind-Body Study, author of 41 books, IRSA Medical Director, University of Massachusetts Medical School
• Doreen Rivera, IDEA workshop creator of Stretch For Life program and video
• Mark Roa, MA, Psychotherapist/Certified Biofeedback Therapist. “How biofeedback is helpful in the treatment of arthritis and fibromyalgia”
• Carlos and Debbie Rosas, creators of NIA
• David Dorian Ross and C.J. McPhee, Tai Chi lecturers, Public television series Tai chi in Paradise
• Matthew Sanford, author Waking: A Memoir of Trauma and Transcendence
• Betsy Sansby, M.S., Licensed Marriage and Family Therapist, co-author of two books on drumming
• Tony Schiller, motivational speaker, 2002 Masters National Champion Triathlete
• Jen Seda, M.D., medical author of *Happiness and Health*, 2008 recipient of the ISPA Ruth Stricker Spa & Wellness Award
• Abe Schwartz, speaker, *Life began at 80 with a Library Card*
• Robert Schwartz, M.D., senior consulting cardiologist for the Minneapolis Heart Institute
• Anees Sheikh, M.D., Guided Imagery
• Shape Magazine, visit and feature story 1993
• George Sheehan, M.D., cardiologist, columnist, philosopher, running guru and author of *Personal Best*
• Gary Small, M.D., Director of the UCLA Center on Aging and author, *Keeping Your Brain Young, Memory Bible, The Memory Prescription* and *The Longevity Bible*
• James Smith, *Early-Onset Alzheimer’s: A View from the Inside*
• Peter Snell, Ph.D., Olympic gold medalist and world record holder in track
• Elizabeth Somer, author of nine books on nutrition, editor-in-chief of *Nutrition Alert!* and contributor to many of the nation’s leading health and wellness magazines
• Greg Starodub, World Class Racquetball Champion
• Dr. Martin Sullivan, Complementary Care Symposium
• Kaia Svien, MS, educational consultant in a wide range of settings, spiritual mentoring, facilitation
• Tine Thevenin, “Luck is not a Butterfly”
• Tom Thiss, Marsh member and author, *The How-To-Be Book*
• Ensor Transfeldt, M.D., orthopedic surgeon at the Twin Cities Spine Center and an associate professor at the University of Minnesota
• Jill Trenary, World and U.S. figure skating champion
• Kim Tudahl, 1997 visited from Cornell
• Valerie Ulsted, M.D., cardiologist
• Vicky Underland-Rosow, author *Shame: Spiritual Suicide*
• Andrew Weil, M.D., speaker, author, founder and director of the Program in Integrative Medicine at the University of Arizona. He is an internationally recognized expert on medicinal herbs, mind-body interactions and Integrative medicine.
• Peter Whitehouse, M.D., author of *The Myth of Alzheimer’s*
• Kirk Wilder, founder and director of Biometrics *One on One*
• Lyle Wildes, *Positive Attitude Development*
• Kathy Wind, dance instructor co-producer Human Rhythm Project
• Margaret Wurtele, Marsh Member and author *Taking Root: A Spiritual Memoir*
• Lin Xie, Martial arts master
• Merra Young, M.S.W., psychotherapist specializing in integrative therapies
• Tricia Yu, author *Tai Chi Mind and Body*
• Sue Zellickson, author, food expert, WCCO radio personality

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