



## 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
- **Ruth Bachmann**, author of *Growing Through the Narrow Spots*
- **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.**, psychiatrist
- **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 Bezecny**, 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
- **Dr. Scott Crow**, *The Impact of Behavior on Our Brain*
- **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 stiff, 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*
- **John Freivalds**, local author
- **Dr. James Fricton**, University of Minnesota Neck and Pain Clinic
- **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.
- **Bette Hammel & Karen Melvin**, authors of *Legendary Homes of the Minneapolis Lakes*
- **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*
- **Robert Hauser, M.D.**, Senior Consulting Cardiologist at the Minneapolis Heart Institute at Abbott Northwestern Hospital

- **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 Ai Huang**, internationally respected Tai Chi Master and authority on East-West cultural systems, author *Embrace Tiger Return to Mountain*
- **Dr. David Hurrell**, cardiologist at the Minneapolis Heart Institute
- **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**, *Osler’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**, Somatic Transformational Movement
- **Dacher Keltner, Ph.D.**, founder of the Greater Good Society
- **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
- **William Katsiyannis, MD**, Understanding Abnormal Heart Rhythms, Minneapolis Heart Institute
- **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
- **Paul R. Langer, DPM**, clinical running advisor for the American Running Association and foot specialist at Twin Cities Orthopedics
- **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*
- **Richard Leider**, Life Coach and author of *The Power of Purpose, Claiming Your Place at the Fire and Unpacking Your Bags and Something to Live For: Finding Your Way in the Second Half of Life.*
- **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
- **Jancie Marturano**, author of *Finding the Space to Lead: A Practical Guide to Mindful Leadership*
- **Monica Maye**, artist and educator
- **John McCarthy**, Executive Director of IHRSA, the International Health and Racquet Sports Association
- **Dr. Gladys McGarey**, Mother of Holistic Medicine
- **Kelly McGonigal, Ph.D.**, author of *The Willpower Instinct* (the upside of stress)
- **Barbara McAfee**, Voice coach and Voice Yoga
- **Billy McLaughlin**, Changing Keys, guitarist with focal dystonia
- **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).
- **Michael Miedema, MD, MPH**, Minneapolis Heart Institute
- **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
- **Tom Nelson, MD**, Joint Health, Twin Cities Orthopedics
- **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
- **Gladly 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*
- **Rebecca 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*
- **Dr. Addi Rizvi**, varicose veins and vein diseases
- **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*
- **Dr. Susan Rudolph**, Effects of the Sun on Your Skin
- **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
- **Bernie Saunders**, artist and author *The Grace of Ordinary Days*, educator and presenter *Boundless Renewal: Embrace the Power of Reflection, and The Art of Relationships.*
- **Tony Schiller**, motivational speaker, 2002 Masters National Champion Triathlete
- **Howard Schubiner, M.D.**, founder and director of the Mind Body Medicine Program at Providence Hospital in Southfield, Michigan; board-certified in pediatrics, adolescent medicine, internal medicine
- **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*
- **Stephen Simon**, film producer and author, *The Force Is With You: Mystical Movie Messages That Inspire Our Lives*
- **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
- **Dr. Amit Sood**, author of *Guide to Stress-Free Living* at Mayo Clinic (resiliency program)
- **Steven Southwick, M.D.**, author of *Resilience: How to Bounce Back from Loss and Continue to Grow*
- **Greg Starodub**, World Class Racquetball Champion
- **Joan Steffend**, local news anchor and author of *Peace in Peace Out*
- **Dr. Esther Sternberg**, author of *Healing Spaces: The Science of Place and Well-Being*, and *The Balance Within: The Science of Connecting Health with Emotions*
- **Dr. Martin Sullivan**, Complementary Care Symposium
- **Kaia Svien, MS**, educational consultant in a wide range of settings, spiritual mentoring, facilitation
- **Rudolph E. Tanzi, Ph.D.**, author of *Super Brain and Super Genes*
- **Tine Thevenin**, "*Luck is not a Butterfly*"
- **Tom Thiss**, Marsh member and author, *The How-To-Be Book*
- **Susan Allen Toth**, author of *No Saints Around Here: A Caregiver's Days*
- **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.
- **Mark B. Weisberg, Ph.D., ABPP**, co-author of *Trust Your Gut*
- **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* and *The Golden Hour*
- **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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