



Dr. Andrea Brandt

Andrea Brandt, PhD, MFT, has more than 35 years of clinical experience as a renowned psychotherapist, speaker, and author. In her work, Dr. Brandt reveals positive paths to emotional health that teach you how to reinvent and empower yourself. She emphasizes the mind-body-heart connection as a key to mental, physical, and emotional wellness. A featured media expert, Dr. Brandt has appeared on numerous television programs, radio shows, and podcasts. She is a featured contributor for Psychology Today and has written blog posts for The Huffington Post, Mind Body Green, Psych Central, and more. Long recognized as a pioneer in the field of treating anger issues, Dr. Brandt is the author of *8 Keys to Eliminating Passive-Aggressiveness*, *Mindful Anger: A Pathway to Emotional Freedom* and her newest book, *Mindful Aging: Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy*.