

Heart to Heart with

Arathi R. Rao

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Dr. Arathi Rao, co-author of the best-selling book: **How the Fierce Handle Fear: Secrets to Succeeding in Challenging Times**, is a clinical psychologist and executive coach, practicing in Newtown, Pa. She specializes in cardiac psychology and wellness in the workplace.

Besides maintaining a successful clinical practice, Dr. Rao offers workshops in stress management and productivity. She consults with businesses who want to reduce health insurance costs and improve productivity and motivation in the workplace.

A dynamic Keynote Speaker, Dr. Rao is a volunteer spokesperson for the Cardiovascular Institute of Philadelphia. Her work with heart patients has been written about in regional newspapers and magazines. She has been featured in the WHYY TV 12 "Heart Moments," ABC News. She has been interviewed on the topic of "Stress, Success & Wellness" on several radio stations across the country including WGN Chicago, WGTK Louisville KY, WWDB Radio talk show, WURD Philadelphia talk radio, and many others.

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