



Meet Dr. Tami West: Mental Wellness Guide & Happiness Strategist!

Wielding the power of science and storytelling, Dr. Tami West transforms lives by redesigning the way we think about stress and mental health. As certified Mental Health First Aid Instructor and Positive Psychology Coach, she's not just teaching – she's revolutionizing how we navigate life's challenges.

With a Ph.D. in Human Development and a deep understanding of the stress-emotion-identity connection, Dr. West brings two decades of real-world experience ranging from healthcare to education. Her signature approach? Blending cutting-edge neuroscience with laugh-out-loud moments. Tami has sparked *aha* moments across 48 U.S. states and internationally, from London to Australia, and the shores of New Zealand.

Her publications – *The Stress Club*, *Life Without the Monsters*, and *Thrive* – serve as roadmaps for those seeking to master their mental wellness journey. When she's not transforming lives through her speaking engagements or coaching sessions, you might catch her exploring new horizons with her family, diving into historical fiction, or indulging in her favorite episodes of *The Big Bang Theory*.

Dr. West doesn't just present – she creates experiences where science meets soul, where tears of recognition flow freely, and where laughter becomes a healing tool.

Join the movement. Transform your mindset. Embrace your potential with Dr. Tami West.

### **Television Interviews**

[WGN Chicago Medical Watch](#)

[Today in Nashville Interview: Book release, The Stress Club updated edition!](#)

[Local on 2 Nashville Interview](#)

[Tampa Daytime](#)

### **Other Links**

[YouTube Channel](#)

[Website](#)

[Podcast Consider Yourself Hugged](#)

AUTHOR | SPEAKER | TRAINER

P: 615.497.7714

[tamiwest@tamiwest.com](mailto:tamiwest@tamiwest.com) | [www.tamiwest.com](http://www.tamiwest.com)

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