



Dr. Linda Miles

PSYCHOTHERAPIST, RELATIONSHIP EXPERT AND AUTHOR

ABOUT

Dr. Linda Miles is a leading expert on relationships and mindfulness. She is a psychotherapist, author, relationship expert and captivating speaker. She has studied and worked in her field of counseling psychology for over 35 years and focuses on mindfulness, stress reduction, mental health and relationships. Dr. Miles is personable and accessible in her books and articles and loves to teach about how mindfulness and loving kindness can positively change your brain, your chemistry and your life.

WORKS

Her first book, written with her husband, Robert Miles, M.D., won a literary prize as a finalist for Forward Non-fiction book of the year. She has published several books on relationships and mindfulness as well as articles in the Wall Street Journal, Boston Globe, Reuters and Miami Herald. She has been a guest expert on numerous national TV shows including CNN, Fox News, ABC, and NBC. Her most recent book is Change Your Story, Change Your Brain for Better Relationships a follow up to Change Your Story, Change Your Brain.

STATISTICS



1500+



1200+

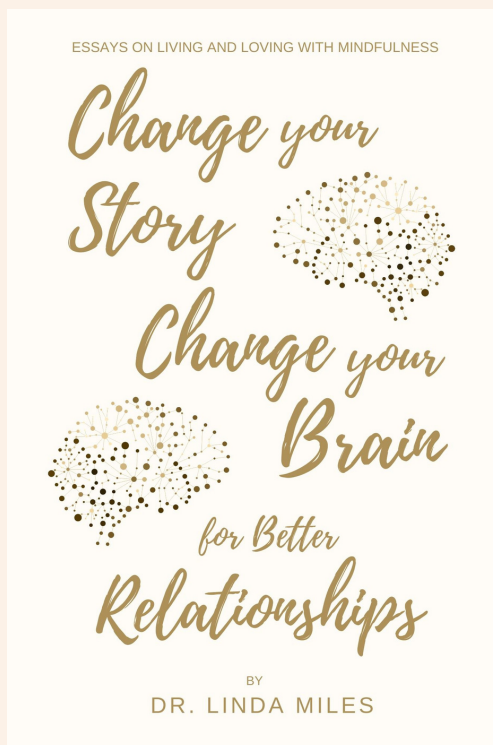
NEW BOOK

CHANGE YOUR STORY CHANGE YOUR BRAIN FOR BETTER
RELATIONSHIPS: ESSAYS ON LIVING AND LOVING WITH MINDFULNESS

ABOUT

THE POWER OF STORIES

So many misunderstandings, hurts, and little fault lines that may grow into bond-shattering earthquakes can be minimized or even fully eliminated if only we practice more mindful, compassionate, and open communication—first with ourselves and then with our partners. You can change your story. You can repair your relationship. You can change your brain at a neurological level by rerouting elemental neural pathways that are associated with those stories that you made up to explain and face reality when you were younger. -- Dr. Linda Miles Dr. Miles' new book "Change Your Story, Change Your Brain for Better Relationships" combines essays and mindfulness practices to strengthen your relationships and provide healing for yourself and those close to you.



EXCERPT

Questions and Truths

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."
—Marcel Proust

Mindfulness is a positive practice that can enable us to make our relationships better instead of bitter. Research has shown that this practice can shrink the area around the amygdala in the brain that is associated with emotional reaction, while simultaneously increasing the volume of the brain's frontal lobe which is associated with executive function. As a result, it becomes more natural for us to be proactive instead of reactive.

A good relationship is a work in progress—one that can take a lifetime. You could think of it like embarking on a hopefully life-long road-trip that includes spectacular views, memorable moments, flat tires, unfamiliar terrain, tiresome routes, wonderful music playlists, and all sorts of adventures. Like any road-trip, it's best if you begin it prepared. You'll enjoy the journey more if you have the ability and willpower to be proactive rather than reactive.

CONTACT

For interviews, contributor blog posts, to obtain books for reviewing or other inquiries please feel free to contact us at drlinda@drlindamiles.com.

SEEN IN...

TV

RADIO

PODCASTS

MAGAZINES

BOOKS

CHANGE YOUR STORY CHANGE YOUR BRAIN

This book guides you to live more fully in the present moment. Living with greater intention allows you to literally change the structure of your brain.

THE NEW MARRIAGE

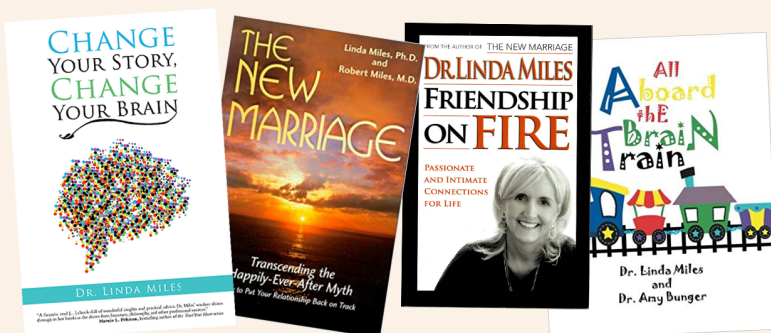
Empowers couples to transform and create realistic long term adult relationships.

FRIENDSHIP ON FIRE

You need passion to keep the sparks flying and friendship to keep them under control. Dr. Linda Miles shares secrets to successful and long lasting relationships.

ALL ABOARD THE BRAIN TRAIN

Your child's brain can be trained to travel to magnificent destinations. This book will help lay down those tracks in the most positive directions.



THE WALL STREET JOURNAL.



REALSIMPLE

AUDIO

TRAIN YOUR BRAIN SERIES

TRAIN YOUR BRAIN: For a Peaceful Pregnancy
TRAIN YOUR BRAIN: For Health and Wholeness
TRAIN YOUR BRAIN: For Relation and Positive Relationships

8 KEYS FOR A BETTER RELATIONSHIP

Dr. Miles focuses on how to stop blaming and start living through a compilation of appearances around the country.

FRIENDSHIP ON FIRE

A reality tale that gives practical and spiritual strategies for a passionate connection that lasts.



drlindamiles.com

• drilinda@drlindamiless.com • [@drlindamiles](https://www.instagram.com/drlindamiles) •