



# UPHILL WOW

WORDS OF WISDOM

## DR. MELANIE GREENBERG

### WHAT ARE 3 SIGNATURE THINGS YOU TELL PEOPLE REGARDING YOUR AREA OF EXPERTISE?

- I am an expert in helping you manage stress in life, work, and relationships
- I have expertise in mindfulness as an attitude to living and a mode of relating to self and others
- I am an expert at brain-informed therapy and coaching to help you harness the power of neuroplasticity

### WHAT IS YOUR FAVORITE QUOTE?

“Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.” - Eckhart Tolle

### IF YOU COULD OFFER ONE PIECE OF ADVICE, WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Replace fear with compassion and curiosity

### WHAT ARE YOUR 3 FAVORITE BOOKS?

- *Self-Compassion* by Kristin Neff
- *The Wisdom of Insecurity* by Alan Watts
- *Born a Crime* by Trevor Noah

### WHAT ARE YOUR 3 NOUNS THAT DESCRIBE YOU?

- Inspired
- Seeker
- Warm

### CONNECT WITH MELANIE



[www.drmelaniegreenberg.com](http://www.drmelaniegreenberg.com)



@DrMelanieG



MindfulSelfExpress



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