



Gary Sprouse, M.D.
The Less Stress Doc

Bio

Dr. Gary Sprouse is a retired primary care physician who practiced in Maryland for 38 years. He graduated from George Washington University Medical School in the top 10% of his class and is a member of Mensa. He is committed to helping people improve their mental health. He has taken everything he has learned about stress reduction and crafted his book, ***Highway to Your Happy Place: A Roadmap to Less Stress***. Reading just one chapter can change your life!

Best-selling author and motivational speaker Jack Canfield reviewed the book and said: “***In the span of getting to know Dr. Gary Sprouse and reading his book, I have been introduced to many new concepts and ideas. His ideas and models for stress reduction are life-changing. You will absolutely love this. A must-read.***”

Dr. Sprouse is extremely passionate about bringing happiness into people’s lives through humor, compassion, and understanding. He has a unique perspective on stress that no one else is talking about. He has uncovered a groundbreaking new way to define where the majority of human stress originates. This new insight and the tools he developed to deal with stress are changing lives.

Dr. Sprouse also collaborated on a book with Jack Canfield. The new book, ***Mindset Matters***, is a best-seller on Amazon and Barnes & Noble.