

Gary Sprouse M.D.

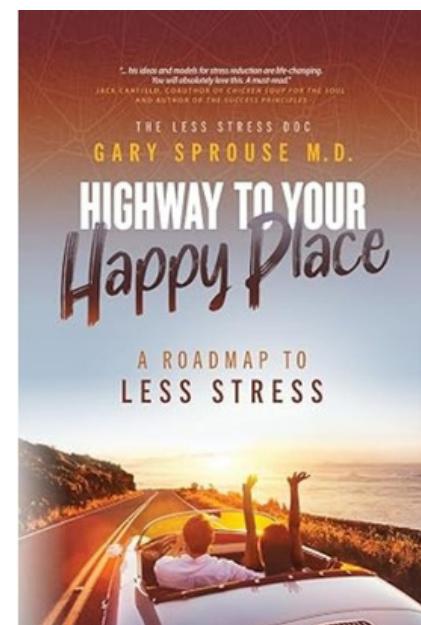
Keynote Speaker The Less Stress Doc

Dr. Gary Sprouse is 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. This new insight – and the tools he developed to deal with stress – will change lives.

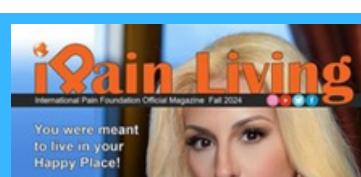


SIGNATURE TOPICS

- ✓ From Chaos to Calm
- ✓ How to Manage Stress at Work
- ✓ Stress Less, Live More
- ✓ From Burnout to Balance
- ✓ Easy Steps to Manage Stress & Boost Well-Being
- ✓ Overwhelmed to Empowered



AS SEEN ON



Keynote Speeches

Workshops

Happiness Highway Podcast

Online Course

AUDIENCES LOVE DR. SPROUSE!

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.

Dr. Sprouse – the Less Stress Doc – is committed to helping people improve their mental health. He has taken everything he has learned about stress reduction and crafted his first book, ***Highway to Your Happy Place: A Roadmap to Less Stress***. He aims to have everyone living in their Happy Place.

TESTIMONIALS

“You gave me some self-esteem when I had none. You gave me hope when I had none. Dr. Sprouse, you gave me explanations that made sense when everything else was crazy. I'm so glad I met you. I don't think I would be here if it weren't for you.”

Betsy H.

“The 30 minutes I spent with you was more helpful than the 2 years I spent in counseling.”

Robert P.

LET'S GO!

Contact Zang Media Group to book Dr. Gary Sprouse – The Less Stress Doc



charlotte.zang@gmail.com



www.thelessstressdoc.com



443-566-0040

