

# Dean Sluyter

**MEDITATION TEACHER  
AWARD-WINNING AUTHOR  
SPEAKER & WORKSHOP LEADER**

**DEAN SLUYTER** (pronounced “*slighter*”) is one of America’s most deeply experienced teachers of awakening through meditation and insight. For decades, he has studied with Eastern and Western sages and taught throughout the US and beyond. His specialty is showing how anyone can dissolve anxiety, settle naturally into the silence at the core of their own being, and unfold a life of joyful engagement.

Frequently featured in national media, Dean is a popular presenter with professional groups, colleges, yoga studios, mindfulness centers, retreat centers, and houses of worship. He is known for his easy-going sense of humor and his exceptional clarity in conveying the simplicity of *just being* — the key to meditation. He has also done groundbreaking work in exploring the connections between awakening and the creative arts.

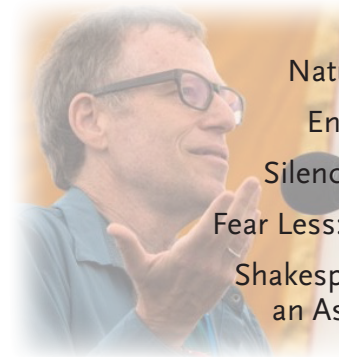


Dean is the author of six books, including two Amazon #1 stress-management best sellers: *Fear Less* and *Natural Meditation*, winner of the Nautilus Award for best book on mind-body-spirit practices.

## SOME PREVIOUS VENUES

- Chautauqua Institution
- Omega Institute
- Garmin International
- The Nature Conservancy
- Garrison Institute
- Tibet House
- Jacob Burns Film Festival
- West Coast Writers' Conference
- New York Open Center
- Young Presidents' Organization

## POPULAR TOPICS



Natural Meditation: The Way of Just Being

Enlightenment Lessons from the Movies

Silence in Action: Meditation for Leadership

Fear Less: Beyond Anxiety, Anger, and Addiction

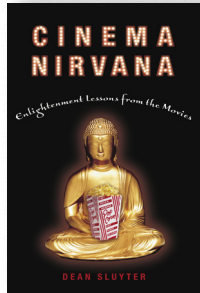
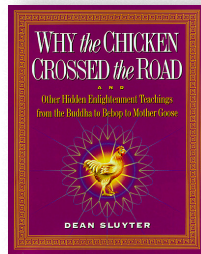
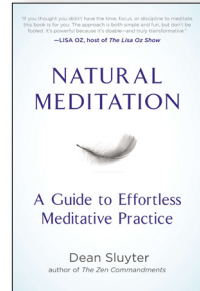
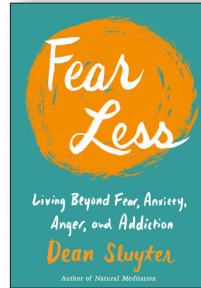
Shakespeare, Dickinson & Dr. Seuss Walk into an Ashram: Finding Nirvana in the Classics



## BOOKS

“Extremely well written,  
joyously entertaining.”

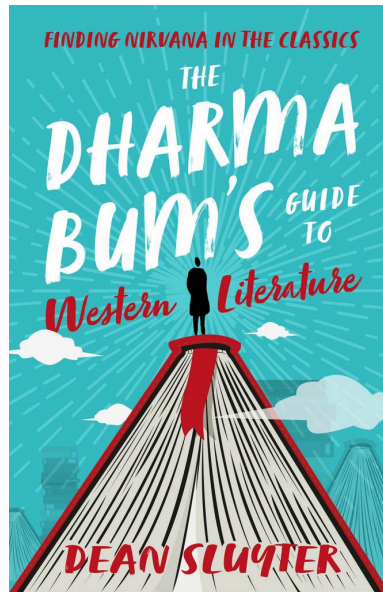
— PUBLISHERS WEEKLY



## NEW FOR 2022

“This book is ‘Dead Poets Society’ meets the Buddha. Dean Sluyter has a gift for extracting nuggets of wisdom that no one else sees. I have no doubt that Blake, Salinger, Dickinson, and the rest of Sluyter’s all-star authors would be delighted to have their work appreciated from this deep level of enlightened insight — and joy.”

— PHILIP GOLDBERG,  
AUTHOR, ‘AMERICAN VEDA’



## WHAT EVENT ORGANIZERS SAY

“Dean’s workshop was a hit in our regional event. It was wonderful to experience the benefits of meditation — we left wanting to continue making it part of our daily lives.”

— MAUREEN RIOJAS, GUATEMALA, YOUNG PRESIDENTS’ ORGANIZATION

“We loved having you at Timber Creek, and we’re most grateful for what you offered. The guests soaked it up and loved your natural, genuine style.”

— TOM JACOBS, DIRECTOR, TIMBER CREEK RETREAT HOUSE

“With his clarity, enthusiasm, and relaxed humor, Dean connected with everyone in the room. He inspired physicians and staff alike.”

— THOMAS MCGINN, M.D., MIDWEST GASTROINTESTINAL ASSOCIATES

“Dean’s presentation to our engineers was of tremendous value. His laid-back, down-to-earth approach made meditation appealing and easy, even for complete novices.”

— HALEY AKIN, SENIOR WELLNESS SPECIALIST, GARMIN INTERNATIONAL

## FEATURED IN ...

The New York Times

COAST  
COAST

Prevention

npr

InStyle

FamilyCircle

THE OPRAH  
MAGAZINE

DR.OZ  
THE GOOD LIFE

OPRAH  
RADIO

LAYOGA  
BYODYNA AND HEALTH

USA  
TODAY

NEW YORK  
MAGAZINE

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