

Dean Sluyter

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

DEAN SLUYTER (pronounced “*slighter*”) is one of America’s most highly skilled, deeply experienced teachers of awakening through meditation and insight. For decades, he has studied with Eastern and Western sages and taught throughout the U.S. and beyond. His specialty is showing, through simple, straightforward language, 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 and its benefits.

Dean is the author of five 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.

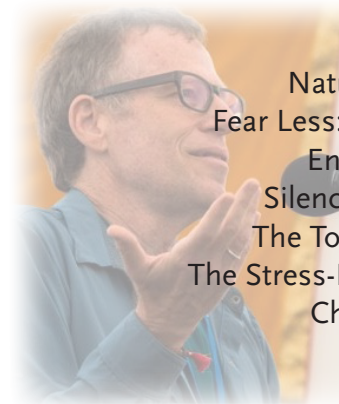


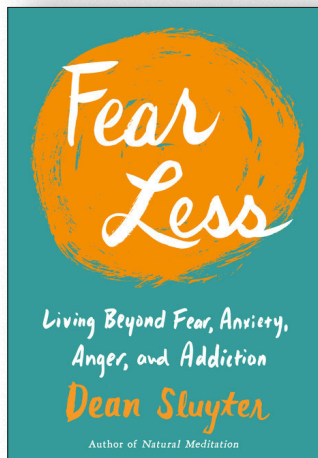
SOME PREVIOUS VENUES

- 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
Fear Less: Beyond Anxiety, Anger, and Addiction
Enlightenment Lessons from the Movies
Silence in Action: Meditation for Leadership
The Toolbox: Five Quick Ways to Drop Stress
The Stress-Free Student / The Stress-Free Teacher
Changing the World from the Inside Out
The Poetry of Enlightenment
Love Is All Around





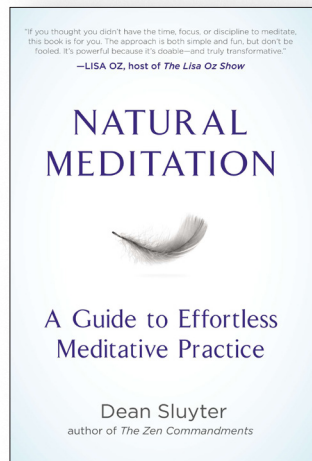
"Who knew that learning how not to be freaked out could be so much fun?"

— MICHAEL KANE
Author of "Heal Your Broken Heart"



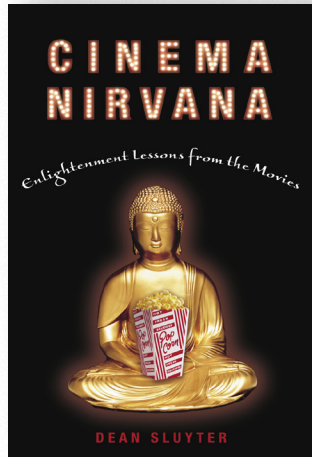
"You're not in for one hand clapping. Rather, it's both hands clapping for joy."

— NEW YORK TIMES



"A rare combination of insight, clarity, wit, and pragmatic common sense."

— PHILIP GOLDBERG
Author of "American Veda"



"Inspiring, quirky, fascinating, and fun ... Will make you look at film and faith in a new light."

— DALLAS MORNING NEWS

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

"Asking car salesmen to meditate is like asking football players to do ballet. Although skeptical at first, they've been grateful ever since the workshop. Dozens of them have told me they've used Dean's techniques and found some real peace."

— BRIDGET BEYER, DEALER PRINCIPAL, BEYER FORD-JEEP-CHRYSLER

"With his clarity, enthusiasm, and relaxed humor, Dean connected with everyone in the room. He inspired physicians and staff alike with a vision of how we can use simple meditative skills to enhance our self-care, our ability to care for others, and our team harmony."

— 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

"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

FEATURED IN . . .



DeanSluyter.com | DeanOnYouTube.com | Info@DeanSluyter.com