

Barbara Biziou

Biography

Barbara Biziou, author of *The Joy of Ritual* and *The Joy of Family Rituals*, has devoted her career to inspiring, empowering, and supporting people through life's transitions and challenges.

As an agent of change and transformation, Biziou's abiding passion has been to adapt ancient rituals to current times. She integrates her extensive knowledge of spirituality, psychology, neuroscience, and business with creative practices that apply the wisdom of cross-cultural rituals to the maladies of modern life. Biziou has already brought her practice of "ritual fusion" to a broad mix of individuals and groups. Her client roster is an unusual mix, including the International Red Cross, Coca-Cola, Coty, Equinox Gym, Morgan Stanley, Lord & Taylor, and Weight Watchers. She has developed a range of simple but powerful tools, techniques, and stress-busting practices that promote healing, healthy habits, happiness, and overall success. She sits on the faculty of the American Management Association, One Spirit Interfaith, The New York Open Center, the Creating WE Institute, and The New Thought Education Consortium.

No stranger to the press, Biziou was cited as a "practical spirituality" expert and "vision coach" on CBS, NBC, and FOX TV. She was the resident "ritual expert" on Hallmark's *New Morning* and was showcased as the "life coach" on Morgan Spurlock's *30 Days* for FX. Her work has been featured in print as well, in national publications such as *The New York Times*, *The Chicago Tribune*, *New York*, and featured online on Psychology.com and Oprah.com. Biziou blogs for *Huffington Post*, *Mind Body Green*, *RewireMe*, and *What Now, What Next*.

In 2014, Barbara developed "Spirituality in the City," a program that features small group tours to museums and spiritual destinations in the New York tri-state area. She is currently developing a TV/digital media series based on this work that will feature similar "tours" of rituals around the world.