

# Linda Anderson

## Biography

Dr. Linda Anderson is a highly sought-after clinical psychologist, life coach, and therapist guiding you to enhance your power, achieve your goals, and sustain a happy, healthy lifestyle. Driven to achieve results with flexibility and a cooperative spirit, she possesses the unique ability to engage, encourage, and enlighten with the understanding of how to navigate life's relationships using the power of mental wellness to engage in successful work-life balance. Her research investigating women's perceptions of power and their vulnerability to coerced sexual experiences has led her to teach, write, and counsel women from a perspective of critical compassion and empowerment.

At home and on the road Dr. Anderson is often mistaken for the serene beach mama more comfortable in sandals than stilettos. This native New Yorker and nature enthusiast meditates while walking through New York City, taking in nature's beauty hidden in her urban surroundings. Her approach and look on life leans toward beach aficionado rather than city hustle but don't be fooled by her ease of style; she is observant and intuitive, and can easily transition into your Tour Guide into Positive Psychology!

Dr. Anderson graduated from Boston University with a double major in Spanish Language/Literature and Psychology and earned her doctorate in Clinical Psychology at Columbia University. She has served as a staff psychologist in the Department of Child and Adolescent Psychiatry at Beth Israel Medical Center and has taught psychology at Teachers College, Columbia University, Bard College at Simons Rock as well as the City University of New York. She is frequently interviewed for commentary and invited to participate on panels dealing with current critical issues and writes about topics dealing with the psychology of success and cultural diversity. These opinions and profiles continue to appear in popular media outlets and trade journals, such as OWN and Employment Relations Today. Having a long history of inspiring success in others, Dr. Anderson currently teaches, consults and empowers in a manner embraced by a diverse range of individuals and organizations.