



Dr  
Cheryl  
Fraser } MINDFUL  
LOVING



WRITER



SPEAKER



MEDIA  
PSYCHOLOGIST



SEX THERAPIST



DHARMA TEACHER

## SHARP, FRANK, AND FEARLESS.

That's Buddhist psychologist, sex therapist, author and speaker Dr. Cheryl Fraser. With a rare combination of academic credibility, humor, straight-talk, and life-changing advice, Dr. Cheryl is a sought-after media psychologist and relationship expert. She has helped thousands of couples jumpstart their love life and create passion that lasts a lifetime. She combines cutting edge love and sex therapy with mindfulness to help couples cut through resistance and ignite the connection and sizzle they think they've lost.

A highly successful and awarded Fulbright scholar, she has conducted extensive research on sexual behavior and what causes love relationships to succeed or fail. With her groundwork, she created the Become Passion online workshop for couples. She has a thriving private practice in sex and couples therapy.

She's a dynamic guest expert and speaker for TV and radio who is direct and entertaining. Her diverse media background as actor, improv comedian, love/sex-advice talk-radio host, and university professor adds to her bold and charismatic style. Featured on prominent television and radio shows and podcasts, she is also a columnist for *Mindful* and *Best Health* magazines where she explores love, sex, relationships, meditation, and the human experience. Dr. Cheryl's new book, *Buddha's Bedroom—The Mindful Loving Path to Sexual Passion and Lifelong Intimacy* publishes January, 2019

Cheryl's approach to life and to helping others is based in her practice of meditation and Buddhism, which she has studied for 25 years. She was given permission to teach by her root teacher Namgyal Rinpoche and she is the resident meditation teacher for Island Dharma. Her work is encapsulated in the teaching of Mindful Loving.

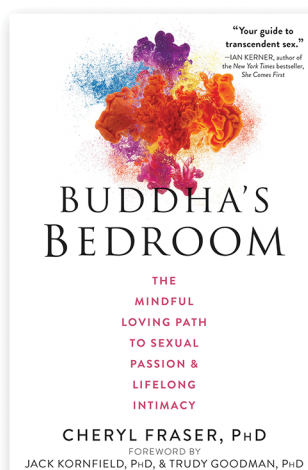
When Cheryl is not in India, Tibet, or at a three-month silent meditation retreat, she lives on the ocean with her man and their menagerie, practicing the passion she preaches.



Dr. Cheryl is available as a media expert, speaker, writer, or to give interviews on love, sex, relationships, and the human experience.

### Sample Topics

- Mindful Sexuality
- Love & Relationships
- Dating & Divorce
- How to jump start a stalled sex life
- Why you need to kill the soulmate
- Mindfulness, meditation, and Buddhism
- How to use your mind to change your life



### CONTACT

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