



# Dr. Chloe

## 2024 Electronic Press Kit

[ABOUT ME](#) [FACTS](#) [SERVICES](#) [PRODUCTS](#) [MEDIA](#) [CONTACT](#)



## Bio

**Dr. Chloe Carmichael, PhD**, is a clinical psychologist and USA Today bestselling author. She graduated summa cum laude with a BA in Psychology from Columbia University, she then completed her doctorate in Clinical Psychology at Long Island University. Her practice in Manhattan, New York focuses on adults seeking personal or professional goal attainment. Her book, [Nervous Energy: Harness the Power of Your Anxiety](#) (Macmillan, 2021) was endorsed by Deepak Chopra and translated into Mandarin, Turkish, and Russian. She is also a consultant to Baker McKenzie, the third largest law firm in the world. Dr. Chloe's energy and unique approach have led to an amazingly successful practice with documented annual revenue of over \$1 million including speaking engagements, sessions by herself and her staff therapists, and her online programs for consumers as well as for other therapists.

[FULL BIO](#)[DR. CHLOE'S PHOTOS](#)

## Services



### ONLINE THERAPY + COACHING

- Anxiety
- Dating + Relationships
- Stress Management
- Executive Coaching and more..



### SPEAKING

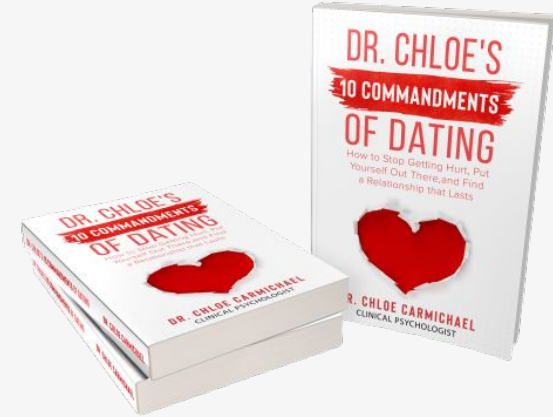
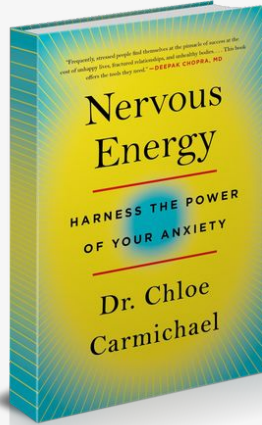
- Webinars & Seminars
- Live & Virtual Events
- Endorsed by Jim McCann the founder of 1-800-Flowers.



### CONSULTING

*Dr. Chloe is a consultant for Baker McKenzie, the 3rd largest law firm in the world.*

## Books



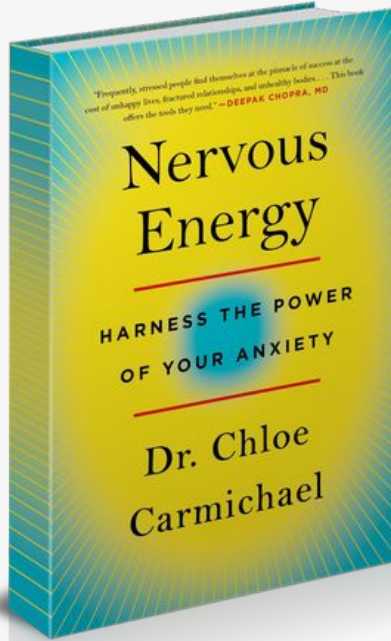
### [NERVOUS ENERGY: HARNESS THE POWER OF YOUR ANXIETY](#)

Translated into Mandarin, Turkish, and Russian

### [DR. CHLOE'S 10 COMMANDMENTS OF DATING](#)

With foreword by New York Times Bestselling author Brandon Webb

## Nervous Energy



*"If 'high energy' people learnt to harness their energy to go beyond reactive responses to modes of intuition, creativity, and emotional resilience, they would achieve even more by doing less and be happier and healthier. **This book offers the tools they need.**"*

**- Dr. Deepak Chopra**

Founder, The Chopra Foundation, World-renowned Speaker,  
New York Times Bestselling Author

*"This book is a **game changer** because it teaches skills to understand and package natural anxiety in a positive way that improves how we think, feel, and act."*

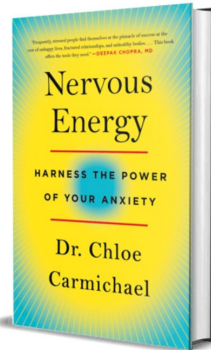
**- Jim McCann**

Chairman and Founder of 1-800Flowers.com

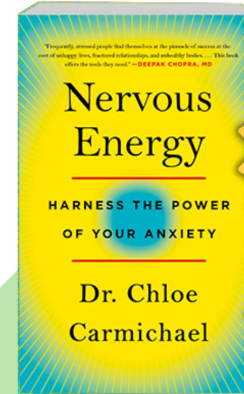
## Nervous Energy

**Women'sHealth**

**The 20 Best Mental Health  
Books To Cope With Whatever  
Life Throws At You**



**Prevention**  
www.prevention.com



**BEST  
SELF-HELP  
BOOK FOR  
ANXIETY**

Dr. **Chloe**  
www.drchloe.com/book

## Media: Article Features



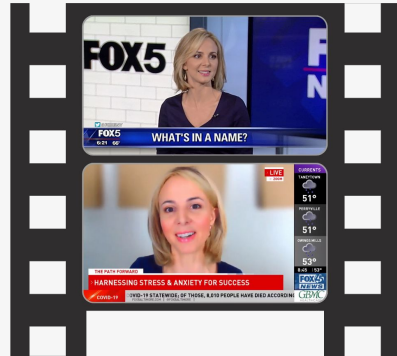
# Women's Health

In addition to regularly contributing to articles, Dr. Chloe also sits on the advisory board for Women's Health Magazine.



## Media: TV Appearances

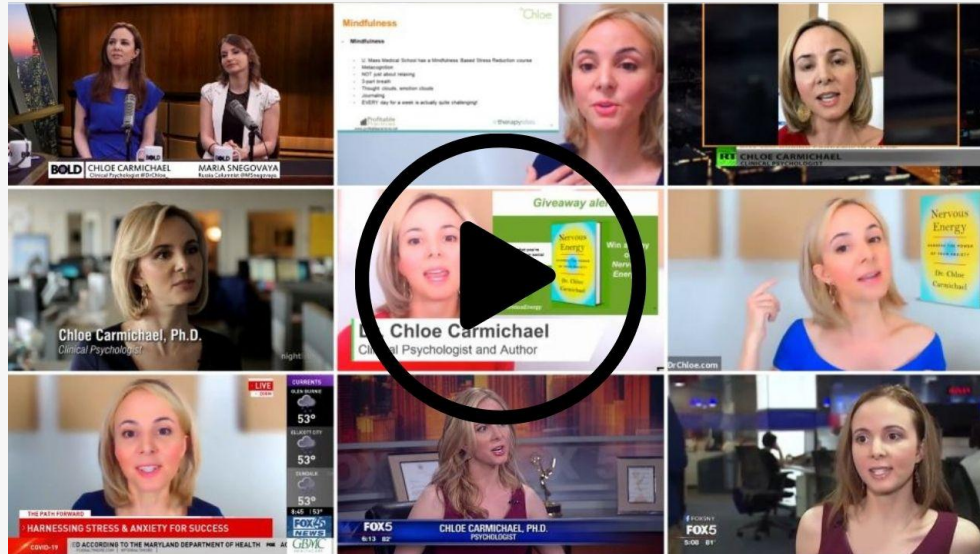
Dr. Chloe



(Click to watch media reel.)



## Speaking



(Click to watch speaking highlight reel.)

## Speaking Testimonials

*"Dr. Chloe was phenomenal! The talk provided tools we can apply in our everyday lives. Dr. Chloe created a safe environment where colleagues felt like they could ask questions without hesitation. Everyone enjoyed the discussion and we would bring her back again in the future!"*

**- Lori Ann LaRocco**

Sr. Editor of Guests, CNBC Business News,  
Breaking News/Booking, and Global Supply  
Chain Reporter



*"She has done online and in-person presentations for our people across North America, and the feedback has been extremely positive. Her approach is **warm and compassionate yet highly practical.**"*

**- Scott Brandman**

Managing Partner,  
Baker McKenzie



*"I saw a lot of head nodding and affirmation from students around the points you were making as you went through your presentation. The timing for **your message was perfect** and I think it aligns perfectly with where the students are as they start their second year."*

**- Russ Morgan**

Senior Associate Dean,  
Full-Time Programs Professor of the  
Practice of Marketing,  
Duke University - Fuqua School of Business



## Podcasts



Dr. Chloe Carmichael, PhD



Jason Wachob

### the mindbodygreen podcast

**How To Dispel Anxious Energy**



Dr. Chloe Carmichael, PhD



Nike

### Trained Podcast

**Turn Worry Into Wins**



(Click to listen to podcasts.)

## Facts



Dr. Chloe's book, [Nervous Energy: Harness the Power of Your Anxiety](#) was endorsed by Deepak Chopra.



Dr. Chloe earned her BA Summa Cum Laude, Phi Beta Kappa, and with departmental honors in Psychology from Columbia University.



Dr. Chloe also earned a Masters and Doctorate in Clinical Psychology with honors from Long Island University, and went on to instruct undergraduate courses there.

## Facts



Dr. Chloe's private practice focuses on stress management, relationship issues, self-esteem, and coaching.



Dr. Chloe has held annual workshops on Goal Attainment at Columbia University.



She completed clinical training at Lenox Hill Hospital and Kings County Hospital.



She has published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America.



Dr. Chloe served as adjunct faculty at the City University of New York.



She served as the psychologist for the New York College of Podiatric Medicine.

## Facts



Dr. Chloe is a certified yoga teacher, and completed coursework in Buddhism and meditation with Robert Tenzen-Thurman (the first American ever to be ordained as a Monk by the Dalai Lama) and the Mindfulness-Based Stress Reduction designed by the Jon Kabat-Zinn.



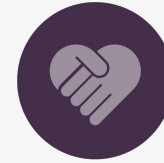
## Facts



Dr. Chloe has a 5-year record of membership in Entrepreneurs Organization (EO), meeting the stringent criteria of EO which mandates a minimum documented annual revenue of \$1 million.



Dr. Chloe has been recognized as a USA TODAY Bestselling Author.



Dr. Chloe has provided clinical as well as personal volunteer services to underserved populations including the homeless, veterans with addictions, & poverty-level immigrants.

## Contact Information

228 Park Ave S, Suite 31351,  
New York, New York 10003

1 (212) 729-3922

For questions, comments, and feedback,

Email [PRESS@DRCHLOE.COM](mailto:PRESS@DRCHLOE.COM)

[Join our newsletter](#)

