



DR. JUDY HO

Clinical and Forensic Neuropsychologist,
Tenured Professor, and Author

Dr. Judy Ho is a triple board certified and licensed clinical and forensic neuropsychologist, a tenured associate professor at Pepperdine University, television and podcast host, and published author. She conducts neuropsychological and psychodiagnostic evaluations, serves as an expert witness in legal cases, conducts clinical research, provides expert commentary to media, a sought after public speaker and author of Stop Self-Sabotage. Her new book The New Rules of Attachment will be released in March of 2024.



DR. JUDY HO ON THE NEW RULES OF ATTACHMENT

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CONTACT

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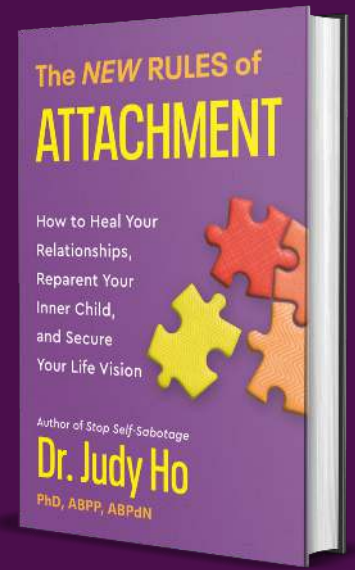


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The NEW RULES of ATTACHMENT

On Sale 3/26/24



Discover a revolutionary approach to attachment theory that teaches readers how to heal their inner child to change their anxious, avoidant, or disorganized attachment style in relationships, friendships, at work, and home.

Grounded in the science of attachment, Dr. Judy's game-changing approach shows that our attachment style impacts every aspect of our lives: friendships, career, goal setting, and, critically, our sense of self.

We can all learn to become securely attached, and reclaim our ability to feel safe, loved, and capable of achieving the life we've always wanted.



So many of us grew up in dysfunctional families with parents who were not skilled in helping us become the best version of ourselves. The exercises in "The New Rules of Attachment" will be a significant breakthrough for those of us who want to finally release our childhood wounds, traumas and dysfunctional adult behaviors.

John Assaraf
NY Times Best Selling Author
CEO of [MyNeuroGym.com](https://www.myneurogym.com)



In this must-read book, Dr. Judy navigates us through the intricate realm of attachment styles, illuminating a path to self-transformation. Her book serves as a guide to help us embark on a journey towards a more empowered, fulfilling, and joyous life, while redefining our own potential.

**Dr. Nita Landry, Obstetrician
Gynecologist, author of Dr. Nita's
Crash Course for Women**



Dr. Judy is unequivocally the leading authority on attachment theory and its profound practical implications. Her exceptional expertise shines as she skillfully guides individuals on an enlightening voyage of self-exploration, profound epiphanies, and a multitude of revelatory "Aha!" moments.

**Kyle Kittleson, Host of MedCircle,
creator of Baba Blast**

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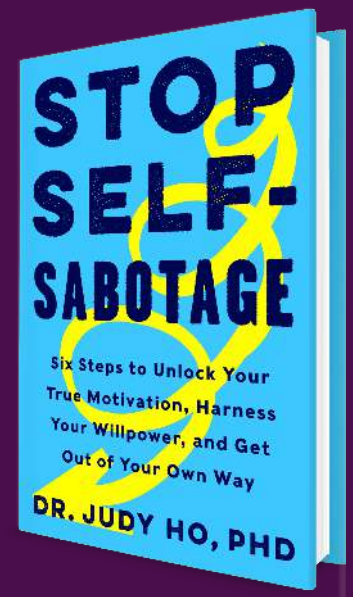


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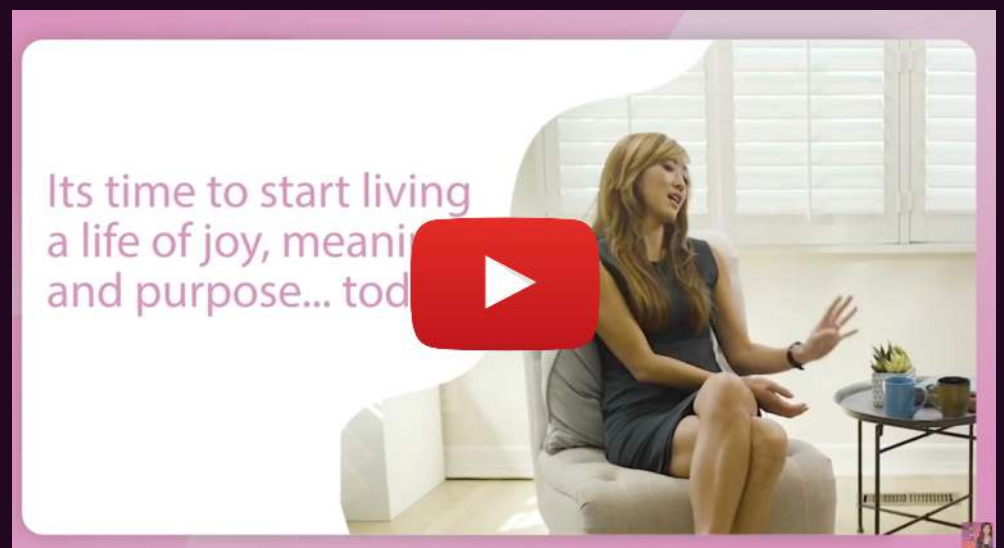


STOP SELF-SABOTAGE

Available Now



In this practical and transformative book, award-winning clinical neuropsychologist and TV personality Dr. Judy Ho helps you stop the cycle of self-sabotage, clear a path to lasting happiness, and start living your best life. In this must-have guide, Dr. Judy combines therapeutically proven strategies with practical tools and self-assessments to help you identify your triggers, modify your thoughts and behaviors, find your true motivation, and unlock your willpower to stop this vicious cycle in its tracks.



Self-sabotage is the most common reason people get stuck. Dr. Judy Ho provides an analysis of the sources of our sabotage and then offers practical and proven exercises for breaking this pattern. If you are interested in changing, this is a must read.

Dr. Drew Pinsky, physician, author, and media personality



Stop Self-Sabotage is the playbook for eliminating behaviors that interfere with the life that you deserve. Dr. Judy guides the reader with practical action-oriented tips that lead to long lasting fulfillment and happiness. This book is essential to those who desire lasting change.

Mike Bayer, life coach, NY Times best selling author of Best Self



The rabbit hole of self-sabotage is treacherous. Stop Self-Sabotage provides a winning blend of insight, compassion, and practical advice. Dr. Judy's writing is lively and compelling. This is without a doubt the finest book on self-sabotage in the field!

Dr. David A. Levy, author, Professor of Psychology

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Dr. Judy uses a dynamic and engaging speaking style which captivates audiences with her ability to translate scientific knowledge into practical tools for personal and professional development. Her presentations are renowned for their blend of empathetic communication, empirical robustness, and creative, real-world applicability. If you'd like to discuss a speaking opportunity with Dr. Judy, please contact office@drjudyho.com.

SPEAKING TOPICS

Mental Health Awareness
Stress Management
Therapeutic Modalities
Childhood Development
Trauma and Recovery
Couples Counseling
Positive Psychology
Substance Abuse and Addiction
Cultural Competence in Therapy
Mental Health in the Workplace
Understanding the Brain
Brain Health and Aging
Neurological Disorders
Neuropsychology in Legal Settings
Forensic Neuropsychology
Concussions and Sports
Mental Health and the Brain
Neuroscience and Decision Making
Neuropsychology in Education
Ethics in Neuropsychology

SELECT CLIENTS

Amazon
American Academy of Child/Adolescent Psych
American Psychological Association
Applied Sports Psychology Association
California Teachers Summit
Constellation Brands
First Responders Ventura County
Girl Scouts of Greater Los Angeles
Girlboss Rally
Kaiser Permanente
Latino Social Work Network
Los Angeles Department of Mental Health
Los Angeles Philharmonic
Metropolitan Transportation Authority NY
National Alliance of Mental Illness
NBA Global Media and Partnerships
Orange County Graduate Women in Science
Soundcloud
Ticketmaster/LIVE Nation
TREsemme



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Dr. Judy has appeared on hundreds of television programs as a psychology expert, and co-hosted the Emmy award winning show The Doctors and daytime syndicated program Face the Truth. She also regularly contributes her expertise to podcasts, radio shows, and online and print periodicals.

For a listing of Dr. Judy's television and film appearances, please visit her [IMDb website](#).

If you'd like to discuss a media appearance or contribution with Dr. Judy, please contact office@drjudyho.com.



HIGHLIGHTS OF PUBS WITH DR. JUDY

Bloomberg	Oprah Magazine
Business Insider	Parade
Bustle	Pop Sugar
Buzzfeed	Prevention
Cosmopolitan	Robb Report
Entrepreneur	Shape
Fast Company	The List
First for Women	The Zoe Report
Glam	Thrive Global
Good Housekeeping	USA Today
Good Men Project	US Weekly
Harper's Bazaar	Very Well Mind
Harper UK	Vice
Health	Wedding Wire
Huffington Post	Well + Good
Mel Magazine	Woman's Day
Mind Body Green	Women's Health
New York Times	Yahoo

Forbes

Psychology Today



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