

ASEEM DESAI, MD

Physician, Speaker, Best-selling Author



*Dr. Aseem Desai, the “Heart-Mind Doc,” is a Stanford-trained cardiologist and best-selling author of *Restart Your Heart* and *The Masks We Wear*. Featured in prominent media outlets such as *Forbes*, *Men’s Health*, and *Healthline*, he is celebrated for his expertise in heart rhythm disorders.*

*Empowering hearts and opening minds one beat at a time, Dr. Desai contributes to *Psychology Today* with his “Mindful Beats” column. He champions the integration of heart health and mental resilience through the “5 Life Rhythms” approach—physical, mental, emotional, social, and spiritual well-being—to inspire holistic health in individuals and organizations.*



SPEAKING TOPICS:

Heart-Mind Harmony: Blueprint for Resilience

Explore how heart and mind synergy boosts resilience and well-being in individuals and organizations.

Heartbeats & Headspace: Organizational Health 2.0

Learn how digital medicine improves cardiac and mental health, boosting organizational adaptability, unity, and performance.

Live in Rhythm: Syncing the Five Pillars of Health

Unlock a harmonious, heart-centered life by mastering life’s five rhythms.

PRAISE FOR DR DESAI:

“Dr. Desai becomes a master teacher and guide who lets you know with uplifting simplicity how anyone can reclaim their life.” - Cathy Lee Crosby, actress, producer, author

“Dr. Desai speaks to our heads as well as our hearts and skillfully brings in the connection between mind, heart, and body.” - Sheila Patel, MD, Chief Medical Officer, Chopra Global

BOOKING INFORMATION:

60-minute Workshop - \$1,000

Keynote Address - \$5,000

Half-day Seminar (up to 3 hours) - \$2,000

Full-day Seminar (up to 6 hours) - \$4,000

Rates include transportation and accommodation.

For more detailed information on Dr. Desai’s presentation topics or to book him for your next event, please contact us at:

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