



## **Dr. Erica Miller Speaking Topics**

### **The Audacity of Aging With Gusto!**

This is based on her third book, *Chronologically Gifted—Aging with Gusto*, which became an international bestseller. Having experienced her share of blessings, as well as having witnessed so much suffering, Dr. Miller is a natural spokesperson for longevity and vitality. She advocates a life where age and its limitations—whether prescribed or self-imposed—don't dictate where one stands in life. Instead, Dr. Miller demonstrates how to find purpose and passion at any age.

#### *Audience Takeaways:*

- *How to define what "gusto" means for each individual*
- *How to translate that "gusto" into purpose—professional or recreational, or both.*
- *How to overcome actual or self-imposed limits*

### **Don't Tell Me I Can't Do It!**

A presentation with the same name as her 2015 book, Dr. Erica Miller discusses her unique philosophy that inspires people to live empowered lives. By sharing the beliefs that have successfully guided her on her journey, Dr. Miller shows audiences how to navigate through challenges and capitalize on opportunities as they seek to realize their full potential.

#### *Audience Takeaways:*

- *How to turn challenges into opportunities*
- *How to break free from the negative messages with which we were raised*
- *How to evaluate life moving forward*
- *How to face adversity with courage and determination*

### **Living Fearlessly: A Holocaust Survivor's Story**

Dr. Miller provides a bold and inspirational account of her years in a Nazi holding camp. Through her no-holds-barred story of bravery, survival, and relentless accomplishment, learn about how wartime atrocities and experiences shaped her personality, helped her to develop survival strategies, and ultimately provided valuable life lessons.

#### *Audience Takeaways:*

- *Forthright, heartbreaking accounts of life as a prisoner in a Nazi camp*
- *How to develop the courage to face fears*
- *How to always be true to oneself*



ERICA MILLER, PH.D.