

Testimonials

Here is a sampling of thousands of testimonials we have received. We are grateful for each one of them.

Precisely what the world needs. Dr. Sood has put together a simple, secular and structured program that is anchored in science, is free of rituals and dogmas, and is accessible to everyone. This book can change your life.— Dr. Andrew Weil

Dr. Amit Sood is a visionary physician, who realizes patients are active ingredients in their own healing. The Mayo Clinic Guide to Stress-free Living describes an important innovative approach to well-being, one we all should know about.— Dr. Daniel Goleman

These concepts cover all areas of life and I see this as a foundation. Through a little discipline, a different way to witness the world is revealed and a world of joy presents itself. With training a person can reframe how a situation is seen and affect the perceptual experience and even enhance the present moment. It becomes a powerful tool for changing and exercising flexibility in the face of stress.— Eric K.

I have found that you can either continue to struggle and make things worse or make the choice to accept and find the meaning in the experience. I deeply appreciate and treasure this experience I have had in this course.— Susan E.

I liked the sense of community, freedom to share/express openly, length of program, and time to integrate.— Kim E.

Pausing to anchor myself in the now with my feet on the ground, allows me to shift out of my head and gently return to my breath with an expanded awareness of the smell of newly cut grass, the beauty of an ice reflection, the look of kindness in a patient or the experience of tenderness in myself for someone. Cultivating and savoring this practice [of anchoring myself in the now with my feet on the ground] with principles and joyful attention with heart and meaning both to myself and to others. Indeed, no need to postpone joy.— Kileen S.

The things that have helped me transform the most when I find myself not responding with a value or intention is to take the moment in trying to notice a new detail. I breathe and notice my breath...the pause between thoughts, use all senses to notice the moment and I usually find myself in a place of gratitude, and centered strength of quiet.— Sande N.

It has changed the way I deal with daily stress and anxiety and given me a new perspective/outlook on life. I am humbled and honored to have had the opportunity to start learning this so early in my career.— Katie H.

It is clear to me that this is the foundation for a way to exist in a state of true freedom regardless of the life situations that happen. Truly, this course is a work of art designed to serve humanity by showing us the doors to our own freedom. We just need to apply some effort to open the doors and smell the fresh air.— Eric K.

As a result of this program, I have dramatically changed my perspective on life. It has been a truly transformative experience. I found the daily principles to practice made implementing them very

practical. It provided a framework within which to make it become integrated within my life. The simplicity of it is also very powerful – also makes it practical.— Sherry C.

It brought peace to my life.— Debora G.

The aspects of the program that I like the most are the organization of the higher principles into a practice. The focus on external attention, kindness, love and the ability to use the tools to live a more joyful life. The emails and teleconferences allow a chance to reconnect and recommit.— Deirdre P.

I have some very ingrained bad habits, and yet this course helped me to recognize them and start to change a few of them. For that, I am very grateful!— Scott K.

Excellent structured program that if practiced daily has the potential to change one's life...the program has been an instrument for me to learn how to pay closer attention to life and to become more awakened to my own evolutionary process.— Larry K.

I enjoyed that these concepts can be integrated into daily life.— Paula A.

Such amazing concepts delivered in an accessible way.— Tara M.

It's very beneficial and enlightening!!!— Cathy L.

The incredible depth of Dr. Sood's knowledge is astounding. His ability to respond is incredible.— Patti K.

Understanding how the mind works and learning tools to train it and then to have a variety of choices on how to use the tools, adapting to different people and situations, makes ALL the difference. Understanding the mind and how to tap into its strengths, creates a paradigm shift which harnesses our true nature and strength. That in turn allows us to solve problems, be creative, at peace and face our challenges with courage, ingenuity and hope. ..This has been a life-changing experience that I am thrilled to be able to share with others I meet along my future path.— Colleen P.

I like how immediately accessible the concepts and practices were/are.— Jackie M.

I liked the coherence and integration of both theory and practice of the content. Thank you.— Reed S.

The program is excellent with thought provoking sessions. Much appreciated conversations about so many life concepts. The program is very empowering, grounded in practical exercises that foster fully well-being!— Janine K.

At the end of each busy day, I come home, the garage door is lifted and I greet my family like I have been away on a long trip. Good advice, Dr. Sood! I have noticed my children's reaction to a happy mommy coming home.— Brooke W.

This experience has helped me put to action all the wonderful principles that I have been studying from so many different avenues.— Laura A. P.

Once you understand how your mind/brain works, there is no way back! If you practice intently, it transforms your path.— Estefania M.

My heart has opened up considerably and fear of failure has lessened considerably. Grateful for Dr. Sood's wisdom that he freely shares.— Lisa S.

Dr. Sood's program has completely changed my life for the better in all ways.— Cate K.

I am grateful that I have tapped a deeper well of compassion, forgiveness and acceptance, and I trust that the meaning and purpose of my life are in the daily celebrations of my spirit.— Dianna P.

Great program. I feel that I understand better my feelings and I can focus better.— William A.
I like the daily activities that can be done in short amount of time each day to evolve you in this journey.— Marie A.

I am learning that paying attention to attention really makes a difference. I am enjoying my stories while finding meaning as I journey through life.— Kay C.

This is a beautiful way to live a life and withstand stressors.— Joyce N.

It was very helpful to have a structured, focused forum to address the concepts... I like the model and how it integrates diverse ideas into a coherent whole.— Michael B.

The program is totally transformative and like a breath of fresh air. Thank you for a truly enlightening and uplifting training.— Karen G.

This is a way to focus outside of myself and my own anxiety...I loved it all. The initial two-day meeting, getting to know all of the people, Dr. Sood, the teleconferences, the email, the hope it has given me.— Stephanie R.

All of it was wonderful. I look forward to implementing the activities and grow from them.— Susan G.

I LOVED this course. I am still and will likely always be working through the material. However, I am seeing improvement and I love it. I really like the practical applications and the opportunity to meet so many neat people.— Scott K.

Life-changing program. Dr. Sood thanks for all your hard work designing this program.— Jon S.
I liked the thought that we are all students and that this is a journey and a practice to discovery of a better self and a higher meaning to "Be" service and love.— Kimberly W.

I liked how simple it was to incorporate in my life. It was a very practical practice. Working with a theme each day helped to anchor my thoughts...This was an amazing experience! Thanks for spreading these messages! I am very grateful for getting to be a part of this.— Laura P.

Program grounded me in a time of need, gave me hope and provided a pathway with others who share similar feelings about life and our path.— Linda W.

This program is totally transformative because it helps to refocus attention to more productive and positive thoughts. And our thoughts can drive our behavior – hopefully healthier thinking leading to healthier behavior.— Debra V.

This is life-changing. It is completely new and exciting to me. I can't wait to see the changes that I can make.— Malorie G.

I was empowered by all the sharing and Dr. Sood's teachings.— Gracia D.

Get the word out about this course!— Clare J.

The significant focus on awareness being informed by interpretation was quite an eye-opening challenge.— Barry L.

The program has helped me begin to change the wiring of my brain from daily rumination and worry and negative cyclical self-talk by deliberately focusing on the higher principles.— Larry K.

Great course. Dr. Sood has a great kind manner and full grasp of the subject!— W.A.O.

I liked how simple it was to incorporate in my life. It was a very practical practice. Working with a theme each day helped to anchor my thoughts. I enjoyed connecting with others and learning their experience...This was an amazing experience! Thanks for spreading these messages! I am very grateful for getting to be a part of this!— Laura P.

I would like to thank Dr. Sood for providing a framework for some of life's most basic and fundamental principles.— Tammy W.

I believe most people don't know how their brain works and knowing how the brain fires and how it's wired helps a lot in reducing your stress. Together with the principles: gratitude, compassion, acceptance, higher meaning, and forgiveness make this course priceless!!— Estefania M.

I realized how different I am than we started...I noticed I was smiling and enjoying myself in the moment. The black holes and ruminations are fading to nothing.— Dianna P.

I enjoyed all of it. Thank you for all your time and energy putting this program together! This class has truly been a gift.— Jamie F.

It has made me want to totally improve my interaction with others and my health habits.— Sandra A.

Transformative: when you practice these skills you can't help but experience positive change.— Kristin S.

I enjoyed the emails and the many words of wisdom that you, Dr. Sood shared. The summary of your years of personal growth was especially meaningful and as it pointed out that heartfulness is an ongoing commitment and learning experience.— Mary E.

Great course for personal gain, self-discovery, and healing. Thank you so much for a great experience!— Brooke W.

My social interactions have changed. ..I listen more and talk less. There's a filter I apply often when whether what I'm about to say is ego-driven or whether it would perhaps help the other person. I find myself feeling more compassionate toward those in need, less judgmental of others, more patient. ..We all seek relief from suffering. We seek happiness. Training our minds and engaging our hearts does, in fact, transform our lives into joy.— Carla P.

I now have the skills to more effectively deal with stress. I want to share this with friends and family.— Jon S.

So excited to live this. Hoping to share with husband.— Anne A.

The program gives you the resources to live better, be better, and by doing so, make the world better! It gives you the structure, framework, tools and insight to reduce your stress and increase your resilience.— Amer K.

I like the coursework with Dr. Sood, lack of pressure/lofty goals and instead simple tools for living; neuroscience underpinnings and Dr. Sood's anecdotes!— Sanna Y.

Brain/science broken down into easy practice that is research-based.— Elizabeth M.

Thank you! The course was awesome! So helpful, appreciated everything!— Michelle H.

The practice provided within the structure of journaling and checking in allowed a safe place for self-exploration, discovery and integration of the higher principles.— Susan P.

The themes were most helpful to me, but really everything was great. So much variety and richness: science, spirituality, philosophy, psychology.— Kate P.

The program provided practical application that is easily integrated and relatively accessible for patients in a short-time period. Spiritual at its core, but universal in scope.— Deborah L.

The program helped me with a sense of who I am, being in the present moment, being open, kind, and express love for those around me.— Donna J.

The aspect of the program that I liked most was the eloquent simplicity that leads so universally to transformation.— Jodi R.

The concepts can be used in all parts of a person's life.— Sandra P.

I like the topic and instructor—good sense of humor although very serious subject matter.— Jane G.

I am now "living the retreat" in my life.— Julie P.

I liked all the principles and the rationale behind it.— Shakila K.

This course teaches skills that allowed me to gain confidence, acceptance, and joy!— Malorie G.

I just try to get more joy out of those small moments of life and then I feel as if I found the secret to happiness.— Melissa C.

Very well organized. Dr. Sood understood all questions and understood with wisdom and humor. The material was transformative.— Morris M.

Overall I learned the importance of trying to be the best person I can be every day and forgiving myself when I stumbled.— Barb B.

The course has set the groundwork for different, much more positive focus while allowing for less stress. I am able to use the techniques in both professional and personal life. Fantastic program!— Francine P.

It made me look at and address my life differently. I appreciate and see things differently. I cope with anxiety and stress differently and better.— Will S.

This course has transformed my life already. I accept this is a journey for life. Sharing this transformation and model with others is something I am doing already, and hope to continue to be able to do.— Rocio H.

It raised my level of consciousness. It helped me to live the present moment with the principles of gratitude, compassion, acceptance, meaning in life and forgiveness. I am more aware of the people around my life. This program gives us the path to spirituality.— Anamilena D.

Dr. Sood's program empowers a new construct in which to frame one's life. ..It is widely applicable to diverse people and situations.— Jim H.

The program changed my life, my outlook and love for self and others.— Susan G.

It is one of the best programs I ever attended.— Alfonso C.

I find that I'm much more relaxed and nurturing with myself. I have slowed down and I take time to notice little things, and it makes me happy. I feel more present most of the time and it is improving the quality of my life. I intend to hold on to this feeling and choose to live life with these principles in mind.— Roberta A.

Thank you for the wonderful course and all you do!— Lisa J.

The program is innately and totally transformative by level of insights and structure of future applications. I liked Dr. Sood's synthesis of principles and process.— Bob S.

One of the things that really appeals to me about Attention and Interpretation Therapy is its universal application. Compassion, acceptance, love and forgiveness are basic human values that rise above differences – such as ethnicity, occupation, religion, or sexual orientation – that we sometimes use as barriers. Our interconnectedness requires us to do our best to make interpretations based on principles rather than prejudice. ..The small steps I have started have really made a difference in my life.— Nancy L.

I found the daily practices very nurturing. Many blessings in your continued work. You are helping so many people with a huge ripple effect.— Patricia B.

I accept 'it is what it is' and move forward to meet whatever challenge, joy or surprise is around the corner in my life...my empathy, care and concern for others is more developed which meets my desire to be present with others during their adversity...Through forgiveness of myself and others, I have closer relationships with my family, friends, co-workers and fellow students.— Ann L.

The program was totally transformative. I liked the organization, smooth transitions, Dr. Sood as an instructor, the respect I felt, the examples and practical applications, the consistent contact monthly with the teleconferences. I would very much so recommend this program to friends, loved ones, or colleagues. The skills very much helped me decreased my stress level.— Terry B.

The most helpful part of my experience was using the daily themes. ..They support the underlying goal of becoming not just more mindful, but more heartfelt. They help me to let go of 'black holes' and 'open files' and fill up that space with the Spirit.— Katherine M. P.

I am so very thankful to have had the privilege of being part of this course. It's been a really enjoyable steeping off point to what I believe will continue to be a very interesting journey.— Daniel H.

What I liked the most were Dr. Sood's deep, deep wisdom and his "evidence-based" approach. Also his ability to tie concepts to stories that help us understand.— Sanna Y.

The program was very deep, reflective in thought and action, altering experience. Fabulous learning environment, discussion format, reinforcement of concepts, validation of life experiences.— Anjali B.

Very accessible, practical information that can be easily applied. Enjoyed all aspects. Well-paced program thoughtfully designed. Highly recommended the course.— Michelle G.

I like the optimal integration of scientific and spiritual aspects of the program.— Nicole S.

I more readily see the silver linings of dark clouds. I am finding reasons for gratitude in dark corners...I am especially grateful for Dr. Sood and Debbie for their guidance and inspiration. ..My work in this course has challenged me to look beyond seeking my measurable potential or achievement, and beyond the depths of my mind. I have been able to seek beauty, miracles, joy, nuance, and I am finding an inner peace, insight, love and I hope – Grace.— Sarah M.

Helped me through extremely large life stage changes finding a positive attitude – joy in the midst of the adversity and separate my thoughts, situations and feelings from who I am.— Sande N.

The skills transform your view of the world!— Tammy A.

I am forever thankful for the gift of being able to participate in the truly life/brain changing class. ..I want and need the house that the program is building.— Anne A.

The program was totally transformative with life-changing cognitions, practices for self and impact on others. Awesome. Thank you.— Amy B.

I truly believe that this course has made such a large impact on the way I approach life situations and will hopefully continue to explore the possibilities that have brought me gratitude, loving-kindness, acceptance, forgiveness, meaning and purpose.— Donna J.

As a result of this course and practicing what I have learned so far, I have opened myself up to more people, and I have found an answer to one of my life's purpose and meaning.— Bambi A.

Practicing gratitude becomes infectious – I find that the more gratitude there is, the more there is to be grateful for. The question is not where the suffering came from, but now that it is here, where can it take us? Anchoring on higher principles makes me a happier, more joyful person and better able to transform negatives...The joy has been in living through the process- becoming more aware of myself and the beautiful world around me.— Sarah M.

The program is very easy to understand, fun, profound, easy to apply in daily life and with others.— Fernando A.

It is a way for people to become aware of the gift of life.— Shari M.
Applicable tools – easy to implement, quick and doable. The program helped me through a very difficult experience.— Jeff C.

I feel everyone should take this class. I have learned that I do have control over my mind and my feelings. I `felt this class was taught to touch people at whatever spiritual point they are in their life.— Deb W.

I deeply appreciate and treasure this experience I have had in this course.— Susan E.

The course has changed many things for me these last few months. By learning to direct my attention to principles and away from the short circuits of prejudice and egocentric preferences I have had a much more joyful existence. ..I have been more consistently happy and content than I can recall.— Gary I.

The program is extremely valuable for me! To be a better human being, member of society, family member. I really appreciate the meditation. IT MAKES SENSE!— Karen H.

The program gave me a way of looking at my experiences and left in a more “ego-less” way – releasing my mind from some of my introspectiveness.— Debra V.

Dr. Sood's presentations were inspiring. I wish everyone could take part in this class. Very useful in everyday life. Thank you!— Jane B.

I practiced the skills daily and it proved to be extremely beneficial. Though my life was good when I started this program, it's gotten even better.— Pam H.

This is such a gift. I have so much more joy.— Sarah S.

Concepts can be applied to all human beings all over the world regardless of culture, religion, or faith or non-faith centered.— Kristina P.

I believe the program has helped me to identify three ways in which to remove imagined threats from the brain and allow me to live more flexibly in a stressful world. These include accepting the here and now, focusing on gratitude rather than ruminations, and practicing external focus by externally directing kindness.— Nathan H.

I was able to save myself from much suffering.— Mary M.

I have used the principles learned to help bring more joy into my life on a daily basis. ...I do look at my daily blessings with gratitude rather than focusing on what didn't go well or didn't get done. [After a family crisis] I think I have been able to handle this crisis with some grace and bring with me a loving kindness that has helped me to bring our family together, ask for help, let go of the control, and see with greater clarity what the priorities have been.— Sue C.

I value the studies and scientific connection to the program principles.— Barb T.

The program was transformative as it reaffirmed, supported and enhanced my belief system.— Mary S.

Taught me skills that I could use to deal with past as well as present disruptions.— Debbie F.

The principles taught in the course were totally transformative to the individual and their family and social networks.— Carla P.

The program is extremely valuable for me! To be a better human being, member of society, family member. I really appreciate the meditation. IT MAKES SENSE! I appreciate all of the program – especially the scientific connection to the attention/interpretations. I so appreciate learning the higher principles and the purpose of higher principles in relation/connection to my spiritual life.— Karen H.

A huge THANK YOU, Dr. Sood, for the selfless contributions you have made towards the improvement of humankind and the wisdom and guidance you provide for those interested in this path!— Lisa S.

The program made me look more into life experiences and relate them to how you can help others.— Donna J.

This class, including the wonderful emails and phone conferences has been a god-send to me. One of the things that really appeals to me about Attention and Interpretation Therapy is its universal application. Compassion, acceptance, love and forgiveness are basic human values that rise above differences – such as ethnicity, occupation, religion or sexual orientation – that we sometimes use as barriers. Our interconnectedness requires us to do our best to make interpretations based on principles rather than prejudice.— Nancy L.

Everyone can apply the program...Finding meaning can be an art and the more you can discipline yourself to find it in the moment, the more appreciative and aware you will become of each moment.— Corey K.

I liked the practical implementable tools, great mix of people and it was well-paced and clear. Wow, Dr. Sood!— Chris A.