

# MEET DR. DAIN HEER

Dr. Dain Heer is a joy-seeking, reality-bending author, motivational speaker and change-maker, renowned globally for his provocative views on life, consciousness and creation. For more than twenty years, Heer has travelled the world, sharing his unique insights on relationships, money, body work, happiness and consciousness. Through his books, workshops, articles and media appearances, Heer empowers people from every culture, country, age and social strata to create the life, money and relationships they truly desire.

Heer is a co-creator of Access Consciousness, a personal development modality practiced in more than 170 countries. He has a vast and engaged social media following that daily reaches hundreds of thousands of people through his live seminars and online presentations, and also attracts millions of viewers on YouTube.

Originally trained as a chiropractor, he has developed a completely different approach to healing; empowering and inspiring people to tap into and recognize their own abilities and knowing. Heer is also a pioneer in the understanding of subtle energy and its effects on change, health and well-being and has developed his own process known as the Energetic Synthesis of Being (ESB).

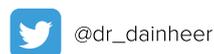
Growing up in the ghetto in Los Angeles, Heer was exposed to constant mental, physical, emotional, sexual and monetary abuse from a young age. However, he never chose to be a victim. Instead, he discovered the power of personal transformation, allowance, courage and resilience. He has learned to transform life's challenges into a gift of strength. Above all, Heer realized that his inherent deep caring for others had never faded.

Over time, Heer recognized that he had the ability to empower people to heal themselves, by choosing to approach healing in a new and powerful way. In his talks and workshops, he uses a unique set of tools and provides step-by-step energetic processes to get people out of the conclusions and judgments that are keeping them stuck in a cycle of no choice and no change – leading them into moments of awe that have the power to change anything.

Heer is a keen entrepreneur and a benevolent business leader. He is the co-founder of a diverse range of businesses including El Lugar, a resort in Costa Rica that utilizes biodynamic land management, Castello di Casalborgone, a luxurious castle in Italy that invites people to experience the elegance of living, and the Double D Ranch outside Houston, Texas, showing the world a different way of living.



## LET'S GET SOCIAL



# BOOKS

Dr. Heer is the author or co-author of more than fifteen books on the topics of embodiment, healing, men, money and relationships, along with three children's books. His book *Being You, Changing the World* is a number one bestseller, and has been published in multiple languages. Every year, Heer receives thousands of emails from readers who say *Being You, Changing the World* has inspired them to live. Through his words, he is able to lead people out of self-criticism and persistent feelings of "never being enough," into a sense of question, wonder and gratitude for being alive.

## Return of the Gentleman

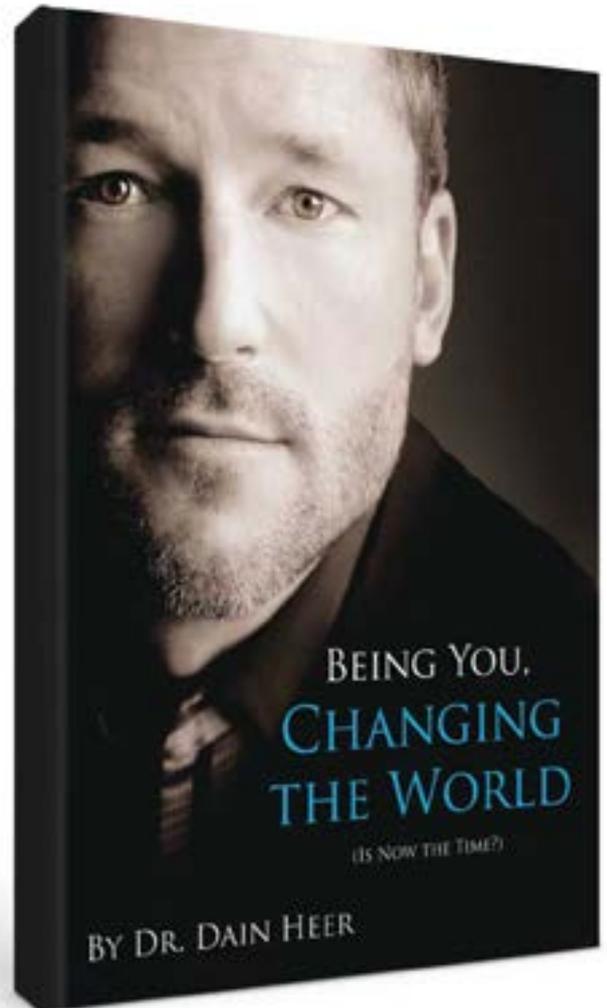
Released in September 2018, the book *Return of the Gentleman* captures Heer's desire to start a new conversation around what it really means to be a man, beyond the labels and stereotypes. Heer's target to address the masculinity crisis and redefine what it means to be a gentleman garnered media interest across the world – from morning TV shows in Australia and the US, to popular men's sites including *GQ* and *Executive Style* – all interested in addressing the confusing roles of men, the importance of raising boys to be gentlemen, the dangers of the "alpha male" mentality, and the importance of embracing the man in the mirror.

## Being You, Changing the World

An international bestseller, *Being You, Changing the World*, is a truly innovative toolbox for the seekers of the world – the people who know that something different is possible, but who have never before had the tools to create what they desire.

Using an exclusive set of tools and processes called Access Consciousness, Heer walks you through the steps to function from question and choice, live in ten-second increments, allow yourself access to all that you innately already know, and create effective change in your life and in the world. With vulnerability, clarity and humor, Heer draws from his personal transformation and the wisdom of the thousands of people he has worked with, all over the world, to show you the kind of dynamic change that is actually possible. To help you recognize that you're not messed up, that you're not wrong, and that you have abilities and capacities way beyond your wildest dreams.

More information: [www.beingyouchangingtheworld.com](http://www.beingyouchangingtheworld.com)



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*There are so many “Aha!” moments in Being You, Changing the World. I couldn't put it down! It empowers you to move forward, when you may feel that you are not capable of doing so. This book is for the person who is truly ready to make a change and gives you the tools to do so.”*

– Sue, California



# CONNECT WITH DR. DAIN HEER

## In the Media

Each year, Heer is invited to be a guest on many media outlets for his unique views on topics ranging from relationships to money, being your authentic self, happiness, the myths of masculinity, healing depression naturally, empowering kids, parenting, bullying, getting off autopilot, global change, and limitless living.

### TV

Heer appears regularly on TV programs like *KTLA*, *Great Day Washington*, *Gaia TV*, *Fox News*, *Morning Show Australia and New Zealand* and *Great Day Houston*. See highlight reel [here](#).



### RADIO AND PODCASTS

Heer has been featured on radio shows across the world and has been invited on podcasts like *The Mindvalley Podcast with Vishen Lakhiani*, *Addicted2Success*, *Menprovement*, *Nice Guys on Business*, *Let's Talk About It with Taylor Nolan* from *The Bachelor*, and many more.



### MAGAZINES

Heer has contributed to many magazines in Australia, the US, New Zealand, Israel, India and the UK.



### ONLINE

Heer is a regular contributor to outlets such as *Huffington Post*, *Popsugar*, *MindBodyGreen*, *Finer Minds* and *Thought Catalog*. He has also been featured on many more online publications throughout the world, including; *GQ*, *Maxim*, *Executive Style* and *The Good Men Project*.



### DOCUMENTARIES

Heer has been featured in a number of documentaries including *Conversations in Consciousness*, *Your Second Fifty*, *E-Motion*, *Beyond Words* and *It's Okay to Be Happy*. He has also spoken to large audiences including the 2019 *MindValley University* in Croatia.

