

Jeremy Bennett Bio

Having been diagnosed at a young age with a severe form of Obsessive Compulsive Disorder, anxiety and clinical depression, Jeremy knows first hand the effects of mental illness.

In 2006 Jeremy graduated from St. Francis Xavier University with a degree in Psychology and Philosophy.

In 2010, he published his first book, **The Power of the Mind: How I Beat OCD**. In this book he exposed his life living with a severe form of Obsessive Compulsive Disorder and what he did to overcome a struggle most believed he could not. This book was published by Flanker Press and was released worldwide.

He has been speaking on the topic of stress and anxiety for over ten years and has produced three national and international television documentaries on the power of the mind. His work has given him the opportunity to share his message throughout Canada, the USA and the UK for tens of thousands of people.

Jeremy has been featured on many national and international television networks such as CTV, Global TV, Vision TV, CBC, TSN, and TSN2.

In 2011 he was selected to represent Canada during **Mental Illness Awareness Week** and because of his worldwide impact in the field of anxiety he was appointed, **World Youth Ambassador** by **The World Organization of Natural Medicine** in 2012.

Because of his contribution in the field of mental health he was awarded, **Personality of the Year** by **The World Organization of Natural Medicine** in 2013.

In 2014 he released his second book, **The Solution: Learn How to Truly Beat Stress & Anxiety**. This book was published by *Motivational Press* in Los Angeles and released worldwide.

His work and presentations have been endorsed by some of the most respected experts in the field and some of the cast of the hit book and movie, **The Secret**.