
Biography

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Paul Meier, M.D.

Dr. Paul Meier is the co-host of the “New Life Live” national radio show, the founder of the Meier New Life Clinics, and a nationally recognized psychiatrist. The Meier New Life Clinics employ approximately 200 psychiatrists, psychologists and therapists who see more than 3,000 patients each week.

In his latest book published by Thomas Nelson, “Fear Less for Life” (co-authored with Stephen Arterburn and Robert L. Wise), Meier says, “You can live beyond your fear! Sure, it’s easy to make fear sound like our enemy, but the feeling did begin as a gift from God. Failure to appreciate the possibilities of fear is part of what positions us for trouble.”

Meier has authored more than 50 best-selling books including “Unbreakable Bonds,” “Mood Swings,” “Happiness Is a Choice,” “Love Is a Choice,” “Don’t Let Jerks Get the Best of You” and “Windows of the Soul.” He also has written four futuristic novels: “The Third Millennium,” “The Fourth Millennium,” “Beyond the Millennium” and “The Secret Code.”

Acknowledged as a pioneer in the integration of the physical aspects of man with the psychological and spiritual dimensions, Meier has taught at many universities and seminaries throughout the world. He also lectures both nationally and internationally on insight-oriented therapy and other related topics.

A guest on numerous radio and television programs, Meier has appeared on shows hosted by Oprah Winfrey, Tom Snyder, and Norman Vincent Peale. He is also a founding member of Focus on the Family’s Physicians Resource Council and treats patients at the Paul Meier New Life Day Hospital and Outpatient Clinic in Richardson, Texas.

Meier received his master’s degree in cardiovascular physiology from Michigan State University and a medical degree from the University of Arkansas College of Medicine in Little Rock. He completed his psychiatry residency at Duke University Medical Center, and in 1984, he obtained another degree from the Dallas Theological Seminary.

Meier resides in Dallas, Texas with his wife, Jan. They have four grown children.

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