

Angela Tsounis

Author at Different from the Other Kids

Toronto, Canada Area, ON, CA

Furthering the conversation surrounding children's mental health.

Biography

Angela Tsounis is an Amazon best-selling author and podcast host in the field of family mental health. What distinguishes her from others in the field is that she communicates with people from a place of "been there, done that" experience. Angela is the parent of a now adult daughter diagnosed with Bipolar Disorder. Her interviewing style is on the lighter, warmer side of things to facilitate a conversation rather than a formal interview. Angela has a particular interest in connecting with parents and believes the road to the successful parenting of a challenging child is real information and shared experience. Based in Oakville Ontario, Angela has a third and final instalment of the Different From the Other Kids trilogy being released in early 2017 titled, Different from the Other Kids: Law and Disorder Edition. She holds a Bachelors degree in Political Science, and is a certified Holistic Lifestyle Coach. Angela wants to live in a world filled with people with great mental health, she wants the medicine that is Medical Cannabis further established and legitimized, boats that come bundled with an extra 48 hours of fun per weekend, and license to randomly spread goodwill by saying, "May the Force be with you."

Availability

Keynote, Panelist, Host/MC, Author Appearance

Areas of Expertise

Mental Health, Public Speaking

Education

York University

Bachelor Political Science

Accomplishments

Holistic Lifestyle Coach Certification

This is the foundation of the CHEK Holistic Lifestyle Coach program and can be attended by anyone. Laypersons and health and fitness professionals have thoroughly enjoyed and benefited from this course, which typically runs over a weekend. The course builds upon Paul Chek's book How to Eat, Move and Be Healthy! and you will use yourself as a case history to help you!

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