



Dr. Leslie Seppinni is a distinguished Doctor of Clinical Psychology (Psy.D) and a Licensed Marriage Family Therapist (LMFT) with 18 years of experience specializing in Cognitive Behavioral therapy. Based on her personal journey to overcome adversity, her extensive clinical experience, and her education, Dr. Leslie's "Excuse Free™ Living" philosophy focuses on "The 4 C's: Curiosity, Conviction, Courage and Commitment."

A prominent public speaker on topics ranging from self-empowerment to relationships and managing stress, Dr. Leslie shares her Excuse Free™ philosophy with people seeking to create positive change in their lives. She is often a featured speaker for organizations such as Adventis, Sage, Figure Skating in Harlem, Centinela Freeman Hospital, Olympia Hospital, the Children's Defense Fund, ObesityHelp, USC hospital, and The Learning Annex. Most recently, she addressed the New York State Bar Association regarding how to stay motivated in harsh economic times and reduce employment stress, and she was the first non-corporate sponsor to be both the keynote speaker and honoree at the Bottomless Closet, New York.

As a Crisis Intervention Specialist, Dr. Leslie has held staff privileges at six hospitals and assisted the LAPD and the FBI by providing expert negotiation and intervention consultation. In addition, while working for Healthnet, Inc. Dr. Leslie serviced corporate accounts such as the L.A. Unified School System, Intel, Applied Materials, and the Pepsi, Co., which included both Tropicana and Quaker Oats.

Dr. Leslie provides unique insight to the media on a wide spectrum of psychological, lifestyle and breaking news topics. She often appears on shows such as "CBS Evening News with Katie Couric", "wallstreetjournal.com", CNN's "Nancy Grace", "FOX News.com", CNBC's "The Call", and numerous outlets throughout the country. In addition, she is regularly quoted in popular publications, including: *The New York Times*, *Associated Press*, *Forbes*, *BusinessWeek.com*, *USA Weekend*, *Washington Post*, *Newsweek*, *Bariatrics Today*, *Self*, *More*, *First*, *In Touch*, and *Women's Health*.

Mentoring individuals is one of Dr. Leslie's many charitable services, including the recent donation of six Excuse Free Living life coaching sessions to 5 people around the country. Her last mentoree graduated from Harvard in December 2009. She also served for several years as a committee member for UCLA Scholarships for Disadvantaged Students. Ice Skating in Harlem, Bottomless Closet, Jordan Downs High School, and The Children's Defense Fund New Orleans are among other recipients of her philanthropy.

The noted psychotherapist holds a Doctorate in Clinical Psychology from Ryokan College, a Master's in Counseling Psychology from the University of Southern California (USC) and a Bachelor's in Sociology from the University of California at Los Angeles (UCLA).