

“Dr. Judy” Kuriansky Conquers the World

A true Renaissance woman, “Dr. Judy” is a famous TV and radio personality, professor at Columbia University Teachers College, engaging speaker, producer, author, and humanitarian. Many know her wildly popular call-in radio advice show, “LovePhones” on Z100, or have seen her on TV News, analyzing celebrities on “Showbiz Tonight,” or interviewed by **Larry King, Oprah, or Geraldo**. She’s on the board of the **United African Congress** and writes for **Black Star News**. For 18 years, she’s been advocating about mental health and well-being at the **United Nations**. Count among her friends and colleagues many Ambassadors, First Ladies and top officials around the globe, seen here with her from **Canada, China, Trinidad and Tobago, the United Arab Emirates, and Sierra Leone** at the event she produced



at the prestigious **UN General Assembly**, and from **Hungary and Qatar** celebrating the **International Day of Happiness** at the UN. A brave first responder, she provided psychosocial support after 9/11 at Ground Zero,



School shootings, Superstorm Sandy, and in Haiti, Japan, China, Sri Lanka and even Iran; helped Syrian refugee children in Jordan and orphans in Vietnam; and co-developed a girls empowerment camp in Lesotho, Africa. Fearlessly, she went to help in Sierra Leone during the height of the Ebola epidemic and is partnering in a COVID-19 public health education project in the Congo.



Jeopardy’s Alex Trebek named a GIANT of Broadcasting by the **Library of American Broadcasting** (for which Dr. Judy is on the board), joining **Lucille Ball, Bob Hope, Johnny Carson, Walter Cronkite, Ken Burns, Barry Diller, Barbara Walters** and many distinguished others.

Once a bass player in an “all girl” rock band and co-host of music station concerts drawing thirty thousand fans, now Dr. Judy writes healing anthems like “Hope is Alive” with music partner **Russell Daisey** that they perform worldwide, like for Nobel Peace Prize winners the **Dalai Lama** and **Reverend Desmond Tutu**.



Broadway

The 8-year old who starred as the Queen in the class play, now invests in Broadway hits “**TINA**” and “**Ain’t Too Proud**” and the comedy “**Desperate Measures**” with music by **David Friedman**. No mountain is too high for her: Dr. Judy recently made it to the top of Mount Kilimanjaro! Her philosophy: Do it all, now, with passion for life, learning, and accomplishing as much as possible each day, while spreading joy and making the world a better place.



Dr. Judy Answers Questions About Life, Love and Sex

Q: Can feelings from COVID-19 linger? Dr. Judy: Yes. It’s normal to still get tired, sad or short-tempered. Treat yourself. Share feelings. Turn anxiety into action, or meditate. **Q: Why don’t you like “social distancing?”** Dr. Judy: Use “physical distancing” since social connection is healing. Hugs and intimacy release chemicals that boost physical and mental health, like oxytocin (the “cuddle chemical”) and endorphins (the “pleasure chemical”). **Q: Can good come out of this bad Coronavirus pandemic?** Dr. Judy: Yes. “Post-traumatic growth” is the silver lining in a dark cloud. People got closer to family and friends, had time to read, cook, rest, help others, and “value people more than possessions and money.” **Q: “How do you make love last?”** Dr. Judy: My 3 C’s: communicate, cooperate, compromise. Please each other like your first dates. **Q: “Where do singles find ‘the one’?”** Dr. Judy: If using dating apps be patient and wary. Go to places of shared interests. Ask friends for introductions. **Q: “What’s your best sex advice?”** Dr. Judy: My 4 T’s: Talk, Touch, Trust, Tantric Sex (see “**The Complete Idiot’s Guide to Tantric Sex**”). Compliment, don’t criticize. Ask, “What do you like?”

website: www.DrJudy.com

