

## Dr. Sue Varma short bio

Dr. Sue Varma, MD, PC, DFAPA, is a distinguished psychiatrist and cognitive behavioral therapist based in New York City. With over two decades of private practice experience, Dr. Varma has made significant contributions to the field of mental health. Notably, she served as the pioneering medical director and psychiatrist for the esteemed 9/11 mental health program at NYU. Alongside her clinical work, Dr. Varma holds the position of Clinical Assistant Professor of Psychiatry at New York University (NYU) Langone Health. Her accomplishments have been recognized by the American Psychiatric Association (APA), where she was honored as a Distinguished Fellow, the highest honor bestowed upon its members.

Dr. Varma has garnered national acclaim as a sought-after medical commentator, appearing on major news programs and networks. Her expertise has been instrumental in guiding the public through various mental health challenges, from trauma and resilience to stress management and relationship issues. Dr. Varma can frequently be seen discussing breaking news on the morning shows including the Today Show, CBS Mornings and GMA, as well as prime time specials and news documentaries. An accomplished author, Dr. Varma's highly anticipated book, "Practical Optimism, The Art, Science and Practice of Exceptional Wellbeing" (Penguin Random House, 2/2024), offers valuable insights into promoting optimal mental health and wellness. In addition to her media contributions, Dr. Varma is a captivating speaker, engaging diverse audiences with her messages of inspiration, compassion, and hope. From C-suite executives to healthcare professionals, educators, and the general public, she imparts valuable knowledge on topics such as self-compassion, psychological safety, work-life balance, and women's mental health.

Throughout her career, Dr. Varma has received numerous prestigious awards for her groundbreaking work in mental health education and advocacy, including the Sharecare Emmy and a Mayoral Proclamation. Notably, she was recognized as one of the world's top five leading health experts by Global Citizen for her contributions during the pandemic. Dr. Varma's integrative approach to mental health, encompassing the 4 Ms of mental health, empowers individuals to boost their mood, mastery, and sense of meaning in life.

Her forthcoming book, "Practical Optimism," is eagerly anticipated worldwide, with translations in several languages.

To stay connected with Dr. Sue Varma, you can follow her on social media IG/Twitter/LinkedIn/FB @doctorsuevarma. For selected media interviews and updates on her book, visit [www.Vimeo.com/suevarma](http://www.Vimeo.com/suevarma) or pre-order "Practical Optimism" at [PenguinRandomHouse.com](http://PenguinRandomHouse.com): Books.

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