



What The Tigers Taught Me

Steven Diamond shares his tips, tricks and secrets for stressing less, living more and empowering the "Tiger" within you.

👍 Discover actionable skills to help you manage your mind including...

- What is stress, and how it affects our bodies in the long-term
- The power of self-awareness in handling your anxiety
- How communicating about how you feel with yourself and others can help manage your anxiety
- Building a support system
- Handling emergency situations without being triggered



Hey There, My name is Steven Diamond

You might have seen me on NBC's "The Jane Pauley Show" or on Netflix in "Tiger King 2 - Doc Antle Story".

For over 25 years I suffered needlessly with chronic clinical depression, OCD, stress, acute anxiety and dyslexia. It all started when Jane Pauley read my book and called me wanting to do an episode on her TV show about anxiety disorders. Jane had a secret she was about to reveal to the public for the first time. Jane was suffering with a debilitating bi-polar disorder.

After the show aired I received tens of thousands of emails from people all over the world who related to my story and needed help. The first version of my stress and anxiety management course was born. It was 2004 and I was looking for a solution to help these people, but at the time nothing existed. So I decided to create my own version and now 18 years later my critically acclaimed program has help thousands change their lives all over the world.

"Stress kills... Not only does it increase inflammation in the heart, but there is an emotional link to stress and heart disease. The most compelling data is related to stimulating the "Stress Response" in the body and it has a direct toxic effect on our hearts. Steven's course will teach you the proven skills to help you prevent and maybe even reverse that damage."

John M. Kennedy, MD, is a board-certified cardiologist author, and Medical Director of Preventive Cardiology and Wellness at Marina Del Rey Hospital, in Marina Del Rey, California.





Need a fresh Perspective?

“What The Tigers Taught Me” is a compelling, story driven narrative series. Steven uses the term “Tiger” as a metaphor for all of those shadowy creatures lurking within us all.

Things like, stress, anxiety, depression, self doubt and even shyness. Steven uses his fascinating story as the background that weaves through the tips, tricks and secrets for stressing less, living more and empowering the “Tiger” within you.



Details

SCHEDULE: New episode every Monday

FREQUENCY: One per week

LENGTH: 25-30 minute episodes

PLATFORMS: [Apple Podcast](#), [Google Podcast](#), [Spotify](#)

AUDIENCE: Stress, Stress free living, meditation, mindfulness, alternative medicine, life coach, health and wellness

SPONSORS: <https://www.lifeskillsmasterclass.com>

ADS: None

🎵 Episodes

Episode 1 -

Steven Diamond:

You've seen him on the hit Netflix TV series "Tiger King 2 - The Doc Antle Story" Now, Steven shares his tips, tricks and secrets for stressing less, living more and empowering the "Tiger" within you.

Episode 2 -

Dealing with grief:

This week is all about the real world skills you'll need to cope when death comes knocking on your door. Dealing with grief and the skills to handle your emotions are the focus this week.

Episode 3 - Suicide:

Have you ever thought about ending your life? On this episode Steven reveals 8 Key steps to helping someone who is suicidal. He will tell you exactly what to do and provide you the resources to make it through the rain.

Episode 4 - Hate:

This week, Steven Diamond reveals the science behind hate. How it works and what to do if it's directed at you. You'll learn 5 strategies for dealing with those who wish you harm.

Biography

“Steven displays the utmost professionalism with his talents. He immediately forms a warm rapport with his audiences, and extends that same congeniality offstage as well. Steven is as enjoyable to work with, as he is to watch perform. He is eager to learn about the cast he works with, and is excellent at fitting his talents into the environment in which he performs. Steven is dependable, helpful, and a true professional.”-- The Osmond Brothers.

Steven Diamond has performed magic and illusion for the past three decades around the world, appearing in England, Germany, Korea, Brazil, France, Chile, Argentina, Colombia, Puerto Rico, and dozens of other nations. And as he performed before large crowds he left hidden his greatest secret: he suffers from Obsessive-Compulsive Disorder. He reveals his story in a new book, "OCD: A Life Among Secrets".

Diamond knew he wanted to be a magician ever since his father took him to his first magic show at an amusement park at the age of 7. By the time he was 12 he was a hit on the corporate convention circuit raking in hundreds of thousands per year. In high school he was performing and touring his very own two-hour illusion show that included real lions and tigers. A tragic story of surviving the grips of an evil mastermind cult leader. A story he now tells in the hit Netflix TV series “Tiger King 2 - The Doc Antle Story”.

Today he is a keynote speaker and corporate trainer on the topic of “Stress in the workplace”, with his popular multimedia presentation entitled: “What The Tigers Taught Me” where he captivates his audiences with his wild stories of working with exotic lions and tigers, he now demonstrates the life lessons these endangered beasts and surviving a cult taught him.

A Netflix Documentary about Steven’s life story is now in production.

Diamond, resides in Las Vegas, Nevada.

For more information,, please visit: www.stevendiamond.com

