



LovingMeditations

David and Tamara's Bio:

David Dachinger and Tamara Green, LCSW are the cofounders of **Loving Meditations** and international best selling authors of their book, [*Live Calm With Cancer \(and Beyond...\)*](#).

David is a featured author, fire lieutenant and Grammy® nominated composer who scored inspiring music for America's most celebrated sporting events and television shows. Over 1.5 billion people have heard his music on CBS broadcasts of the *Super Bowl*, *The Masters* and the *NFL*. David is a survivor of stage-4 cancer.

Tamara is an author, speaker and trainer, dubbed by *Elle Magazine* as “The Soul centered Psychotherapist and Meditation Facilitator.” and featured as a behavioral health expert on *Today.com*. Tamara combines her many years of professional training and life experience, such as caregiving, to create powerfully effective guided meditations that have helped thousands to achieve peace, love and wellbeing.

Together, this married couple creates mindful wellness stress reduction programs to empower cancer patients, survivors and caregivers with self-love and self-care on their healing journey, from diagnosis to survivorship. These highly effective multimedia programs help patients and caregivers to dramatically reduce stress, anxiety, pain and discomfort. As speakers, they present workshops for those living with cancer and care partners at hospitals, senior centers and cancer support organizations. Check out their Loving Meditations App and website at LovingMeditations.com

Contact us:

Website: <https://lovingmeditations.com> Email: info@lovingmeditations.com Loving Meditations App (Any Device): CalmCancerStress.com

Live Calm With Cancer Book: LiveCalmWithCancer.com

Booking/Schedule Meeting: <https://lovingmeditations.com/booking>

Social Media:

Facebook: <https://www.facebook.com/lovingmeditations>

LinkedIn: <https://www.linkedin.com/company/lovingmeditations>

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