



Laurie Ferguson, Ph.D.

Laurie Ferguson, Ph.D. is a health psychologist in private practice, motivational speaker, Presbyterian minister and columnist for CreakyJoints.org. Working with individuals and groups, Dr. Ferguson's goal is to help people not only manage chronic disease, but thrive and enjoy their lives. Her CreakyJoints column, "Ethereal Cereal, Food For Thought" is one of the most read sections of the site which has more than 30,000 members.

She is co-author of "Overachiever's Diary, How the Army Triathlon Team Became World Contenders" published in 2007 by Total Immersion Press, and is a frequent speaker on resiliency and hardiness – the subject of her doctoral dissertation.

Dr. Ferguson received her Ph.D. in Psychology from the Derner Institute at Adelphi University (New York) in 2004. She graduated cum laude with high honors from Smith College in 1977, and received her Masters of Divinity from Princeton Seminary in 1980. She serves as Vice President, Education and Research for the Global Healthy Living Foundation, and lives in Rockland County, NY, with her family.