

SUNDAY • JANUARY 24, 2010

LBN-FACESPACE:

1. **Name:** *Charlotte Reznick, PhD.*

2. **What is your profession?** *Child educational psychologist; Associate Clinical Professor of Psychology, UCLA, author of the LA Times bestselling book "The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success" (Perigee/Penguin, 2009), creator and producer of therapeutic relaxation CDs for children, teens, and parents, media expert, and international workshop leader on the healing power of children's imagination.*



3. **Which living person do you most admire?** *Violet Oaklander, gestalt psychologist, who wrote "Windows to Our Children", has always been a champion of kids, and her imagery exercises inspired me to set off on a pioneering journey to develop an innovative approach of my own. I also greatly admire Arianna Huffington, who's sharp, sassy, politically bold, and a role model for all women who want to take risks in their field.*

4. **Which president of the United States was/is your favorite?** *Andrew Jackson, because he understood the power of grassroots activism and knew how to harness "people power" to create meaningful change. He was our first "rock star" president.*

5. **Do you believe in UFO's?** *If I ever meet one, I will seriously consider it.*

6. **Who are your heroes in real life?** *The children and parents I work with every day who bravely face life's challenges. They teach me to always keep my heart open.*

7. **What's the most important thing in your life?** *My work with children; helping them connect with their own wisdom, trust their intuition, and thrive no matter what!*

8. **What is the trait you most deplore in yourself?** *That I have walked over hot coals yet cannot conquer chocolate!*

9. **Where is your ideal location to live?** *Wherever I am in the moment.*

10. **Email and Website:** DrReznick@ImageryForKids.com , www.ImageryForKids.com