Dr. Shimi Kang
Bestselling Author, Award-Winning Researcher, Medical Doctor, Speaker, and Mom of 3!
Dr. Shimi K. Kang is a Harvard-trained doctor, award-winning researcher, bestselling author, media expert, and dynamic speaker. She has contributed to major global media outlets including NPR, The Huffington Post, Psychology Today, Times of Indie, South China Morning Post, UK Daily Mail, Der Spiegel, and Time Magazine. Dr. Kang is the current Medical Director of Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia. She has worked across North America, Europe, and Asia. She has helped thousands of people move towards better health and happiness. Dr. Kang is most proud of receiving the Diamond Jubilee Medal for her years of outstanding community service and being the mother of three amazing but exhausting children!
In *The Dolphin Parent*, Harvard-trained child and adult psychiatrist and expert in human motivation Dr. Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and lifelong love of learning. By trusting our deepest intuition about what is best for our kids, we will allow them to develop key dolphin traits—adaptability, community-mindedness, creativity, and critical thinking—to enable them to succeed and thrive in our increasingly complex world.

As featured in

**TORONTO STAR**
**The Washington Post**
**Daily Mail**
**The Globe and Mail**
**The Huffington Post**
**ALJAZEERA**
**Parents**
**TIME**
**CTV**
**DER SPIEGEL**
**Global News**
**Reader’s Digest**
**Today’s Parent**
**Morgenavisen Jyllands-Posten**
**Daily Mirror**

"With insight, professional expertise and unfailing instinct, Dr. Shimi Kang offers us essential guidance in restoring sanity to 21st century parenting. Compassionate to parent and child, loving and reasoned in its approach, [The Dolphin Parent] is highly readable, emotionally nurturing and intellectually satisfying.”

—Gabor Maté M.D., co-author, *Hold On To Your Kids: Why Parents Need To Matter More Than Peers*

"This is a powerful book that not only reminds us of what it means to live a balanced human life, but also how to achieve it—simply and naturally.”

—David Suzuki

"If you’re looking for effective but practical strategies to calm the chaos in your kids’ lives, foster their internal motivation and truly prepare them to function successfully in the adult world - read this book! Using concrete evidence, Dr. Kang shows why “Tiger” approaches to parenting do more harm than good. Her Dolphin approach will have you and your kids cheering. Highly recommended!”

—Amy McCready, founder of PositiveParentingSolutions.com

“Dr. Shimi Kang writes insightfully of the real lives of parents, weaving science with spirit, and embedding highly practical suggestions into every chapter. I highly recommend this book!”

—Michael Gurian, author of *The Wonder of Boys* and *The Wonder of Girls*
The Self-Motivated Kid

Child psychiatrist and mother of three, Dr. Shimi Kang shows us how to empower and motivate our kids—putting them on the path toward lifelong happiness and success.

As featured in

The Washington Post
THE GLOBE AND MAIL
DAILY MAIL
THE HUFFINGTON POST
TIME
MORGENAVISEN
Jyllands-Posten
Today's Parent
Reader's Digest
Parents Care.com
Global News
Available everywhere books are sold

Ready to give your kids back their childhood—the part YOU loved? The joy? The creativity? The afternoons you still remember with such longing? If you’re driving your kids to the lessons neither of you likes, instead of giving yourselves BOTH a chance to relax, play or just ‘waste’ time, it’s time to turn around the car. This book is your U-turn to joy.”

—Lenore Skenazy, author of the book and founder of the blog Free-Range Kids

An encyclopedia of research and insights to help parents navigate their parenting journeys!”

—Dr. Shefali Tsabary, author of The Conscious Parent and Out of Control

Taking both an intimate look at herself and a broad lens to human hard-wiring, [Dr. Shimi Kang] provides a direly needed paradigm shift for child-rearing in the twenty-first century. “

—Marlaine Cover, Founder, Parenting 2.0

A beautifully written guide that will help parents counteract the social forces that have been depriving children ever more of freedom, play, and childhood itself.”

—Peter Gray, author of Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life

The perception of today’s parents as micro-managers who steal all the oxygen is often correct, and as the research trickles in, we are seeing a generation of kids who are lacking internal control. Seeking to right the scales, the author shows parents how to develop skills such as creativity, critical thinking, communication, and collaboration—what she calls the CQ, or consciousness quotient. Combining scientific research with personal stories, Kang has a soothing and encouraging tone that will appeal to many readers.”

—Library Journal (starred review)

www.drshimikang.com
Dr. Shimi Kang translates the best science into everyday tools for the optimal performance of the brain, body, and relationships. Her presentations will help you unlock motivation, find balance, and cultivate towards an awesome life of health, passion, purpose, connection, and lasting success.

Popular Topics

To see more of Dr. Kang’s presentations, please visit her Speakers page.

What One Skill = Awesome Life?

Internal Drive is Lasting – The Art and Science of Human Motivation

Navigating the Diverse 21st Century Workplace

How to Overcome Stress: The #1 Health Epidemic of Our Times

Prescriptions for a Healthy Workplace

Forget IQ vs. EQ! CQ is for 21st century.

The Neuroscience of Success

The Dolphin Way: How to Raise Healthy, Happy, and Self-Motivated Kids (Without Turning into a Tiger)

Maximizing Engagement and Performance

Optimizing Mental Health in Stressful Times

Adaptability: Survival of the Fittest in an Ever-changing World

Past Clients

www.drshimikang.com
Media

Articles

TIME  A Case for Parenting the Dolphin–Not Tiger–Mom Way
Spiegel Online  Lasst Sie Spielen
South China Morning Post  Do What Comes Naturally to Help Your Child Find Inner Drive
Huffington Post  Workplace Bullying: A Real Issue That Needs a Real Resolution
Psychology Today  Stress and the Gender Gap

Media Clips
To see more of Dr. Kang’s clips, please visit her Media page.

Featured In

American
National Public Radio
TIME Magazine
Washington Post
America All News Radio
Al Jazeera America
Parents.com
Reader’s Digest
Whattheflicka.com Worth Magazine
New York Metro Magazine
Care.com
Sirius Radio
Fearless Parent Working
Motherhood Davis
University News The Huffington Post
Psychology Today
Chicago Tribune
Redbook
BuzzFeed
New Day NW

Canadian
CBC National News
Global National News
CTV National News
Canadian Living Magazine
Toronto Star
Vancouver Sun
Georgia Strait
Medical Post
Today’s Parent
JoyTV
Omni
City TV
Breakfast Television
Steven and Chris Show
Canada AM
CBC Weekend Edition
CBC National Radio Syndication
Masala Mommas
South Asian Women Magazine
The Huffington Post
The Globe and Mail

German
Der Spiegel Magazine
Eltern Magazine
Hamburger Morgenpost
UK
UK DailyMail
UK Mirror

China
South China Morning Post
CCTV Hong Kong
Playtimes Magazine
Shanghai Daily
East Day
China News
SETV—Shanghai

Israel
Yedioth Aharonot

Holland
Jyllands-Posted

India
Times of India
Child Magazine

www.drshimikang.com
Testimonials

“Dr. Kang’s lecture was outstanding with strong content, helpful tips, and suggestions. Her gift of presenting her content was just as powerful, as she developed a bond and engaged the 450 attendees from the minute she walked on stage to her successful book signing followed by her Q & A. Dr. Kang and her book continue to be the conversation at parties, meetings, and functions. We love her!”

—Davis University Parent Lecture Series

“The session was excellent and very enlightening. It took very complex topics, such as: neuroplasticity, motivation and psychology and presented them in a very applicable way which can easily be used in every workplace. It is a new way to look at an individual’s motivation. I would highly recommend her for any workplace speaking event.”

—Georgian College

“Using a coffee table as an impromptu stage, Dr. Shimi Kang led an instructive and engaging fireside chat with more than 60 experienced communication practitioners. Likable, welcoming, professional and direct, she explained how the Dolphin Way applies to both positive parenting and productive leadership in the workplace. Using stories and enthusiasm, Dr. Kang summarized the benefits of play, curiosity and empathy for others in one’s professional relationships and career. The lively discussion that took place following her address – both in the room and online – confirmed Dr. Kang’s ability to connect with her audience and spark conversation.”

—Canadian Public Relations Society

“Dr. Kang delivered a fluid and practical approach to how we live our lives, and teach our children and families to become fulfilled. Her delivery to the large audience was seamless and the reactions have been immediately positive. Dr. Kang’s talk has been one of the more popular in responses and views so far!”

—TEDx Organizer

“Dr. Kang is an engaging speaker, who connected very quickly with our audience. Her topic was interesting and filled with relevant, compelling examples and anecdotes. I would definitely leap at the chance to listen to Dr. Kang speak again!”

—Human Resources Professional Association

“Just an incredible speaker who brings evidence to understanding human behaviors.”

—Park Communications

“Very engaging. Very tactical. It is refreshing to see theory and practical application so nicely woven together.”

—University of British Columbia Advising Committee

“Dr. Shimi Kang is equally brilliant on-air as in her practice. Able to articulate and navigate the masses through complex issues, she is an outstanding touchstone for viewers.”

—Jody Vance, Host of Breakfast Television

www.drshimikang.com

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