



Dr. Gilles Lapointe

Doctor, author, speaker and television host

Dr. Gilles Lapointe focuses on the importance of attitude in life. He helps individuals cope with stress by introducing the 7 laws of success. Strategies for handling tough days, self-image, simplicity in life, dignity and human pride are addressed in his humorous, yet insightful presentations.

As host of the popular daily television show, *Allo Docteur*, on Canal Vie, Dr. Lapointe became well known for his hilarious presentations on healthy living and coping with stress. He is fluently bilingual, an accomplished musician and extremely entertaining - his keynotes bring audiences to their feet and tears of laughter to their eyes.

Dr. Lapointe believes in the “whole-person” concept of healthier living and that our physical health is entirely dependent upon our mental and emotional health. He is the author of the best-selling book *Docteur, Aidez-Moi!* and has produced two videocassette series on health - *Savoir Produire sans se Detruire (Being Productive Not Destructive)* and *Le Succès par la Santé (Success Through Health)*. Dr. Lapointe is a general practitioner and a physician, member of the Medical Board of Laval Hospital, and of the American Institute of Sports Medicine.

Dr. Lapointe has lectured across Canada, in both French and English, to various groups including judges and attorneys, sales representatives, civil servants, medical practitioners, and many more. He focuses on the importance of attitude in life. He helps individuals cope with stress by introducing the seven laws of success, important information about how to handle tough days. Self-image, simplicity in your life, dignity and human pride are addressed in his humorous, yet insightful presentations