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Faculty of Medicine

Department of Health Sciences

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Date 161103

Reference No 1

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I want to be a reference and give support for Dr. Paul Lam to be a speaker in the TED talks with the theme "The Future You".

I think that he has a very important message and will be a fantastic speaker on the topic of "Tai Chi can empower you and help solve the global health crisis"

I work as Associate Professor, researcher and senior lecturer in the University of Lund, Sweden. In my Department for Health Sciences, research group Physiotherapy we are much aware of the growing global health crisis affecting both bodily and mental health negatively.

I have myself had the pleasure to listen and practice with Dr. Lam at several occasions. I know that he has a way to empower you and generate hope and belief in your capacity to be active yourself. This message I think is of utmost importance and suitable for a TED talk

yours sincerely

*Amanda Lundvik Gyllensten*

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