

**ABOUT**  
**STEPHEN P. GULLO, PH.D.**

“A new breed of diet guru.”

*-Allure Magazine*

Since beginning his practice four decades ago, Dr. Stephen Gullo has gained worldwide acclaim for his pioneering approach to weight control. Dr. Gullo is a rarity in the field: A man who understands the human psyche, and a man raised in the world of fine food; a weight loss expert who has served as the editor of a gourmet food and wine magazine and someone who took the lessons of his patients to heart and to his own issues with food. Thus, Dr. Gullo is the only diet doctor who can confidently claim to know both the science and seduction of food. **In the world of food, Dr. Gullo is the ultimate insider.**



For generations, Dr. Gullo’s family has been associated with the production and marketing of fine Italian foods. As such, Dr. Gullo was raised in household filled with the smells of homemade breads, pasta, and crushed grapes that would be turned into family wines. In the Gullo household, five-star dining wasn’t reserved for a special occasion but was an everyday event. There was no junk food and no eating out; for the finest restaurants couldn’t compare with the foods served at home.

Dr. Gullo received his doctorate in psychology from Columbia University, and for two decades served as a professor and researcher on the health sciences faculty at Columbia University Medical Center. He is the former chair of the National Obesity and Weight Control Education Institute of the American Institute for Life-Threatening Illness at the

Columbia University Medical Center. Upon stepping down from his position at Columbia, Dr. Gullo was honored by an international gathering of royalty, diplomats, colleagues and patients held at the United Nations under the president of the UN General Assembly, and presented with the Schoenberg Award for “the development of unique and creative modes of weight control.”

Dr. Gullo’s first book for popular audiences, *Thin Tastes Better*, was a national best seller, a fixture in *USA Today*’s list of the top 100 books and alternative selection of the Literary Guild. *People Magazine* hailed Dr. Gullo’s second book, *The Thin Commandments Diet*, as one the “best diet books of the new year,” *USA Today* called it a “book filled with practical ideas,” and *Web MD*, the #2 ranked health content website, commended it for “preaching strategy, not prayer, as the path to lifelong weight control.”

Dr. Gullo is a familiar figure on television, radio, print and digital media—he has been interviewed by Oprah Winfrey, Larry King and Barbara Walters, and made numerous appearances on the Today Show, Good Morning America, ABC News, Fox News, NBC’s popular daytime make over program Starting Over, Extra TV, and Hard Copy. Most recently, Academy Award winning actor Martin Sheen featured Dr. Gullo’s work on PBS’ popular documentary series Impact. Dr. Gullo has been the subject of dozens of magazine features, three New York Times cover stories, and many articles in the *Chicago Tribune*, *Wall Street Journal*, *The New York Post*, *People Magazine*, *Women’s Day*, *The New York Daily News* and the *Hollywood Reporter*.

Dr. Gullo is the co-founder of drgullo.com, the Web’s ultimate source for the inside scoop on the diet and weight loss secrets of the rich and famous, as well as personalized online weight loss services, original articles, and information and products.

When the *New York Times* conducted a survey of the nation’s leading weight experts for their prestigious T-List, there was a consensus of just two names in the field of weight

control—Dr. Gullo was one of those two. Harper's Bazaar put Dr. Gullo at the top of their list of America's best society diet doctors and Bottom Line named him to their team of giants in the field of weight control.

Dr. Gullo's voice has reached millions of readers as a contributing editor to Self Magazine, a weight consultant to Allure Magazine, and most recently, as a member of the editorial advisory board of Women's Health Magazine and the International Advisory Board for Chobani Yogurt.

Dr. Gullo was the first person to apply the motivational strategies of the advertising world to the field of weight control, and remains one of the most engaging and innovative voices in the field. He is currently president of the Center for Weight Sciences in New York City. Dr. Gullo resides in New York City and the U.S. Virgin Islands.