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Dr Bob Murray and Dr Alicia Fortinberry are internationally recognized experts in creating optimism and overcoming depression. They are passionate about each person

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Bob Murray, Ph.D., a clinical psychologist, and Alicia Fortinberry, M.S., a psychotherapist and movement educator, have been helping people overcome depression and

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Co-founder and Principal of Fortinberry Murray, Alicia s latest books are Creating Optimism and Prior to co-founding Fortinberry Murray, Bob worked for

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Dr Bob Murray and Alicia Fortinberry founded the Uplift Program as a practical and comprehensive initiative to help people build lasting, supportive relationships

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