

Can I Say That?

Why Free Speech Matters and How to Use It Fearlessly

Electronic Press Kit

ABOUT THE AUTHOR | ABOUT THE BOOK | ENDORSEMENTS | SPEAKING | MEDIA | CONTACT

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ABOUT THE AUTHOR

Dr. Chloe Carmichael, PhD, is the USA Today bestselling author of *Nervous Energy: Harness the Power of Your Anxiety*, a practical guide to transforming anxiety into a source of strength and productivity. Her latest book, *Can I Say That? Why Free Speech Matters and How to Use It Fearlessly*, examines the vital connection between self-expression and mental health, offering actionable strategies to navigate sensitive conversations with clarity and courage. She holds a doctorate in clinical psychology from Long Island University and a BA from Columbia University, where she graduated summa cum laude and was elected to Phi Beta Kappa. Known for helping high-functioning individuals thrive personally and professionally, Dr. Carmichael frequently appears in national media and speaks at law firms, universities, and private events across the country.

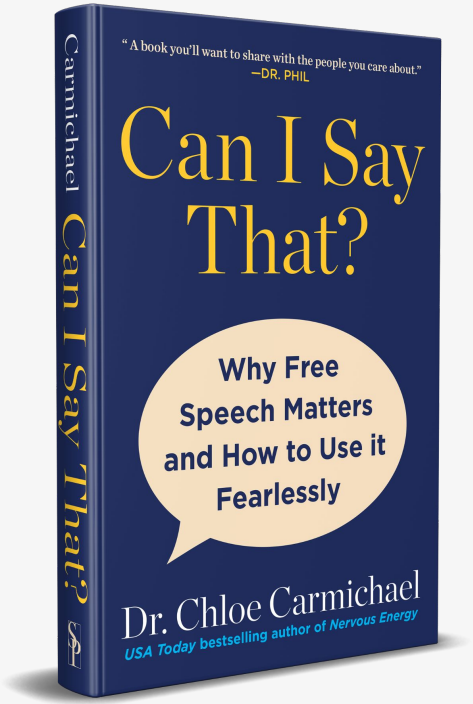


FULL BIO

DR. CHLOE'S PHOTOS

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ABOUT THE BOOK



CAN I SAY THAT?

Why Free Speech Matters and How to Use It Fearlessly

Can I Say That? is a bold and empowering exploration of how free speech affects personal, professional, and societal mental health. Dr. Chloe Carmichael, clinical psychologist and USA Today bestselling author, offers a fearless yet practical guide to navigating today's communication minefields with integrity and confidence.

Whether you're a clinician, corporate leader, student, or simply someone who wants to speak your mind without fear, *Can I Say That?* offers tools to embrace healthy self-expression—without canceling yourself or others.

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WHY THIS BOOK MATTERS

- Tackles the intersection of **mental health and free expression**
- Helps readers develop **resilience to criticism and self-censorship**
- Ideal for professionals navigating **corporate communication or public discourse**
- Provides actionable steps and real-world examples from Dr. Chloe's practice and public life

KEY TOPICS COVERED

- The psychology of censorship, cancellation, and fear of speaking up
- How to build confidence when voicing controversial or sensitive opinions
- Free speech in therapy, academia, the workplace, and everyday life
- Tools for respectful listening, productive disagreement, and managing emotional risk

TARGET AUDIENCE

- Readers interested in politics, culture, and psychology
- Professionals in corporate or academic settings
- Therapists, coaches, and clinicians
- Socially engaged individuals who want to get past cancel culture
- Students, soccer moms, or simply someone who wants to speak their mind without fear

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ENDORSEMENTS

"Dr. Chloe is one of the most trusted voices in emotional wellness and mental strength. I highly recommend *Can I Say That?*. It has a depth, richness, and clarity that make it both practical and powerful. The book is packed with knowledge and actionable tools that will help you to speak courageously, stay grounded, and build stronger relationships. You'll want more than one copy—because it's the kind of book you'll want to share with the people you care about."

- Dr. Phil McGraw

Host of *Dr. Phil Primetime* and *New York Times* bestselling author

"Dr. Chloe courageously exposes the capture of psychology and the implications for our patients. There are dangers to patients and caretakers self censoring. There are dangers to limiting speech and Dr. Chloe points out the consequences. Psychologists are fearful of asking the most basic question including simply, "How do you feel?" Freedom to use words, freedom to maintain abject honesty, freedom to express emotions spontaneously are essential to the development of self efficacy and resilience and mental health. Dr. Chloe points out that words are not violence but they are the fundamental instruments of the mental health professional and there must be liberty in their use on behalf of our patients."

- **Dr. Drew Pinsky**

Board-certified physician, host of *Ask Dr. Drew*, and renowned medical broadcaster

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"Free speech has been examined through countless political lenses - but rarely through the lens of mental health. In *Can I Say That?*, Dr. Carmichael breaks new ground, offering a clinical, yet accessible exploration of free expression as a psychological and emotional issue. With a nonpartisan approach and a grounding in mental health research and experience, this book reframes the debate as not just political - but deeply human."

- **Andy Ngo**

New York Times bestselling author and editor-at-large of *The Post Millennial*

"In a time when psychological manipulation and speech suppression are everywhere, this book offers clarity and courage. Dr. Chloe arms readers with the tools to speak truth and stay grounded."

- **Jack Posobiec**

New York Times bestselling author, senior editor of *Human Events*, and host of *Human Events Daily*

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"I'm overjoyed to wholeheartedly endorse Dr. Chloe's new book, a groundbreaking guide to free speech's mental health benefits. Her brilliant sights on how open dialogue dissolves anxiety resonate deeply with my battles against political backlash in 2024-- telling the truth has revolutionized my mental health for the better. Dr. Chloe's genius insights for fearless expression are a lifeline for staying true in a world dominated by cancel culture. Her electrifying book is a must-read for anyone seeking clarity and authenticity."

- **Lindy Li**

Political commentator and regular contributor of *Her Take*

"Clarity is everything especially when it comes down to communication. This book can help you in an area that causes chaos for many. I'm a big proponent of free speech and this book can give you tools to take advantage of your first amendment."

- **Patrick Bet-David**

The Wall Street Journal bestselling author of *Your Next Five Moves*, founder of *Valuetainment*

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ENDORSEMENTS

"MUST READ! Few people combine clinical insight, personal warmth, and cultural relevance like Dr. Chloe. *Can I Say That?* gives readers the tools to express themselves courageously and thoughtfully—skills every communicator needs right now."

- **Dave Kerpen**

New York Times Bestselling Author of *Get Over Yourself*

"*Can I Say That?* is a supremely useful book for following your values and speaking up, if and when you choose to. It offers straightforward and practical strategies, whether you are new to speaking up or consider yourself a pro. In a time when ideological pressure is reshaping society, *Can I Say That?* is a much-needed guide."

- **Camilo Ortiz, Ph.D., ABPP**

Associate Professor of Psychology, LIU-Post

"Positively Practical! Whether at work, at home, or in the public square, *Can I Say That?* gives readers real tools for stronger, more thoughtful communication. Dr. Chloe offers a clear, compassionate roadmap for thoughtful and authentic conversations."

- **Ernie Anastos**

New York Emmy Award TV Anchor, WABC Radio Host, National TV Host "*Positively America*"

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ENDORSEMENTS

"*Can I Say That?* is a powerful guide for parents and educators who want to raise the next generation to think critically and speak freely. Dr. Chloe shows how open dialogue is essential not just for mental health—but for truly meaningful education."

- **Marissa Streit**

CEO of *PragerU*

"Times are tough for honest discourse and it's too easy to censor one's self or become demoralized. *'Can I Say That?'* is a helpful psychological guide to navigating relationships -- with friends, family, co-workers -- while protecting your own sanity and enlightening others."

- **Sally Satel MD**

Senior fellow at the *American Enterprise Institute*

"Psychologically Savvy.
From therapy rooms to boardrooms, the fear of saying the wrong thing is real. Dr. Chloe addresses this with nuanced insight and practical tools to support both assertiveness and emotional connection."

- **Dr. Judith Zackson**

Clinical Psychologist, Clinical director and founder of *Greenwich Psychology Group*

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"Free speech and mental health are not often tied together, but Dr. Chloe, an intelligent psychologist, makes a provocative and insightful case that mental health, resilience, and creativity all depend on it! Her work is powerful and inspiring."

- **Kenny Xu**

Author of *School of Woke* and *An Inconvenient Minority*

"Dr. Chloe arms you with the language to cut through noise, own your mind, and speak like your life depends on it—because it does.""

- **Brandon Webb**

Former Navy SEAL and *New York Times* Bestselling Author of *Puddle Jumpers*

"These pages offer more than permission; they offer encouragement to speak freely and listen deeply. *Can I Say That?* isn't about winning arguments, it's about building understanding, resilience, and real connection and for anyone ready to move beyond silence and into conversations that truly matter."

- **Jim McCann**

Founder and Chairman, *1-800-FLOWERS.com*

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"*Can I Say That?* is a courageous, eye-opening guide that dismantles the myth of words as violence, offering practical tools to reclaim free speech with confidence. Dr. Carmichael's blend of psychological insight and real-world examples makes this a must-read for anyone seeking authentic connection in a divided world."

- **Daniel G. Amen, MD**

Author of *Change Your Brain Every Day,* 12-time *New York Times* bestselling author

"Speak boldly—and don't flinch when they try to silence you. *Can I Say That?* is for anyone done tiptoeing through a culture that punishes the truth. Dr. Chloe shows how to speak your mind with confidence, composure, and conviction."

- **Shemeka Michelle**

Political Commentator

"Game changer! We talk a lot about free speech, but not enough about how to actually use it. *Can I Say That?* is the playbook for communication that's smart, strategic, and unshakable."

- **Michele Tafoya**

Emmy Award–Winning Broadcaster and *Olympic Games* Correspondent

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"Dr. Carmichael is a gifted clinical psychologist and her book, *Can I Say That?*, will feed your instinctive appetite for both practical, timeless knowledge and the scientific reasoning behind it. This book is as thoughtful as it is enjoyable to read, and it will serve as a priceless resource for individuals yearning to understand the role that free speech plays in our modern society and interpersonal relationships."

- **Dr. Joseph Ladapo**

Author of *Transcend Fear: A Blueprint for Mindful Leadership in Public Health*, Professor, *University of Florida College of Medicine* and *Surgeon General of Florida*

"Speaking the truth in a hostile culture takes discipline, tact, and courage. Free speech isn't just a legal issue, but a cultural one. '*Can I Say That?*' helps reinforce your mindset so you can show up strong every time. This book isn't just about us, it's about the kind of world we're shaping for our children."

- **Zuby**

Rapper, Author, Podcast Host, Public Speaker, and Creative Entrepreneur

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“CAN I SAY THAT?” ON DR. PHIL



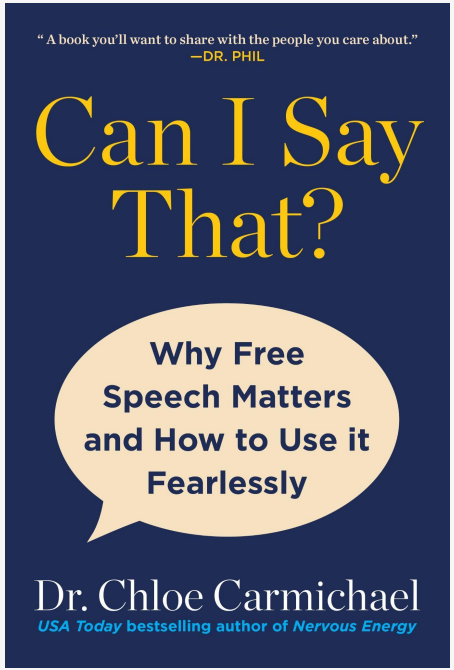
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"CAN I SAY THAT?" ON ASK DR. DREW



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WHERE TO GET THE BOOK



GET ON AMAZON

GET ON TARGET

GET ON WALMART

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SPEAKING

ABOUT THE TALK

Based on her book *Can I Say That?*, Dr. Chloe shares how open dialogue improves emotional resilience, problem-solving, and connection. Whether in schools, companies, or communities, her talk offers tools to speak up – without shutting others down.

✔ Use psychological frameworks to engage in challenging conversations
✔ Learn the tools for self-restraint and the tools for speaking up
✔ Acknowledge differing perspectives without unnecessary conflict
✔ Build a culture of open-yet-productive dialogue

SPEAKING PAGE FOR CAN I SAY THAT?

DR. CHLOE'S GENERAL SPEAKING PAGE

FORMATS AVAILABLE

🎓 Keynotes for universities, alumni events, and other educational institutions
🏛️ Workshops and professional development for law firms
💼 Company retreats and leadership development
📘 Book clubs and panel discussions (virtual or live)

*"The office is abuzz in conversation about how much **they enjoyed it**!"*

- Bridget Hagan
Office Administrator, New York Office, Baker & McKenzie LLP

Baker McKenzie.

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SPEAKING TESTIMONIALS

*"**Dr. Chloe was phenomenal!** The talk provided tools we can apply in our everyday lives. Dr. Chloe created a safe environment where colleagues felt like they could ask questions without hesitation. Everyone enjoyed the discussion and we would bring her back again in the future!"*

- Lori Ann LaRocco
Sr. Editor of Guests, CNBC Business News, Breaking News/Booking, and Global Supply Chain Reporter

*"She has done online and in-person presentations for our people across North America, and the feedback has been extremely positive. Her approach is **warm and compassionate yet highly practical**."*

- Scott Brandman
Managing Partner,
Baker McKenzie

*"I saw a lot of head nodding and affirmation from students around the points you were making as you went through your presentation. The timing for **your message was perfect** and I think it aligns perfectly with where the students are as they start their second year."*

- Russ Morgan
Senior Associate Dean,
Full-Time Programs Professor of the Practice of Marketing,
Duke University - Fuqua School of Business

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MEDIA



Recent Media Sizzle Reel

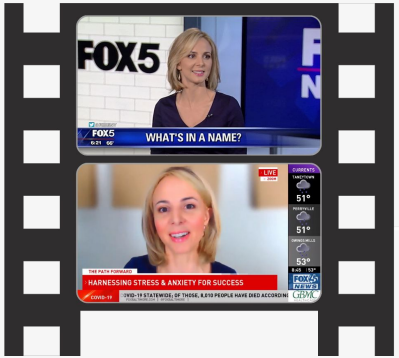
Can I Say That? Book Page

Can I Say That? Speaking Page

Can I Say That? YouTube Playlist

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PAST TV APPEARANCES



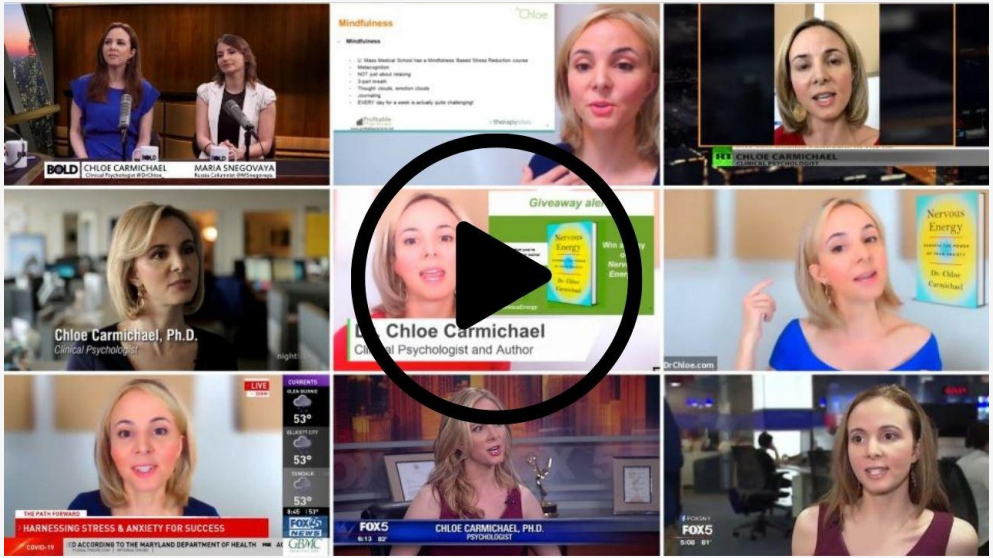




Click to watch media reel.

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SPEAKING REEL



(Click to watch speaking highlight reel.)

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SOCIAL MEDIA HIGHLIGHT



Jack Posobiec tweeted to his **3.1 million followers** about Dr. Chloe's post on the **Publishers Weekly** review of *Can I Say That? Why Free Speech Matters and How to Use It Fearlessly*

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DR. CHLOE AT THE STEAMBOAT INSTITUTE FREEDOM CONFERENCE



Dr. Chloe with FOX News Channel's chief political anchor, **Bret Baier**.







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HEADSHOT PHOTOS







More high resolution photos available at **www.drchloe.com/highres**

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POTENTIAL MEDIA QUESTIONS

- You say that words are not violence—but in today's climate, many people feel deeply harmed by certain speech. As a psychologist, how do you distinguish between emotional discomfort and psychological harm?
- How has the rise of cancel culture and political polarization shown up in your therapy practice?
- Your book emphasizes the emotional and cognitive benefits of language. Can you explain how free expression actually helps us think more clearly or solve problems better?
- Why do you believe universities play such a pivotal role in shaping our current cultural attitudes about free speech—and what are the ripple effects beyond campus?
- We're seeing more people—especially young adults—cut off friends or family over political views. What's your take on this trend, and how do you think it affects mental health?

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POTENTIAL MEDIA QUESTIONS

- In your **recent op-ed**, you wrote that "your political point of view might be damaging your mental health." Can you explain what you meant by that?
- You mentioned in your op-ed that some people are afraid of their own thoughts. How do you help clients who are anxious about simply thinking something that goes against the mainstream?
- You often reference the idea of "Make America Healthy Again"—or MAHA. What does that phrase mean to you, and how does it tie into your work on mental health and free speech?
- MAHA seems to suggest a return to foundational wellness—do you see free speech as part of that foundation? How so?

*Note: Dr. Chloe Carmichael goes by **"Dr. Chloe"** on the air, and the easiest website to mention is **FreeSpeechToday.com**.*

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For questions, comments, and feedback,

Email **PRESS@DRCHLOE.COM**

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