

About Dr. Don Powell – Founder of Save A Saying

Dr. Don Powell (aka “Dr. Cliche”) is a best selling author, clinical psychologist, entrepreneur, and corporate CEO. He has always been fascinated by sayings and cliches and is known to use many himself. He has written 14 books that have sold over 4 million copies and been translated into 5 languages. He also wrote a nationally syndicated newspaper column and articles for Shape magazine. Dr. Powell has won numerous awards for his work, including those from the President’s Council on Physical Fitness and Sports, Department of Health and Human Services, Center for Disease Control, U.S. Jaycees, and the State of Michigan.

Dr. Powell has appeared on hundreds of television and radio talk shows, including Good Morning America, ESPN’s Sports center, NFL Countdown, Cold Pizza, Fox SportsNet, CNN, FOX & Friends, Body by Jake, and the CBS, NBC, and ABC radio broadcasting networks. Powell has been written about in many publications, such as USA Today, New York Times, Wall Street Journal, Forbes, and Good Housekeeping. He is a member of the U.S. government’s “Healthy People 2010” project which has set the nation’s goals for the 21st century. He was also the resident health expert on a top ten market ABC-TV affiliate and the first health reporter for a top ten market NBC-TV affiliate.

Dr. Powell taught at the University of Michigan and was nominated for the Distinguished Teaching Award. He is presently the President and CEO of the American Institute for Preventive Medicine, a Farmington Hills, MI company that provides health management and wellness programs for over 11,500 corporations, hospitals, unions, colleges, and government agencies.

Dr. Powell got the inspiration for Save A Saying when trying to find an unusual, yet personal gift, for his father. His dad was one of those people who was difficult to shop for because he had just about everything.

Don’s dad, like many people, used a number of well-known sayings to teach his family about life, love, happiness, and success. This gave Don the idea to give a gift that acknowledged his dad’s favorite expression, “Winners never quit and quitters never win.”

Don had a professional certificate made that recognized the saying and honored his dad. It turned out to be the most memorable gift his dad ever received. It came from Don’s heart and showed his love. To this day, the certificate still hangs in the family room.