



Our People:



photo by Kris Hanning

**Principal and Founder:
Esther M. Sternberg M.D.**

dr.esthersternberg@dr.starmountain.com



photo by America Liset

**Executive Assistant to
Dr. Esther Sternberg:
Diana Miranda**

dr.esternbergassistant@dr.starmountain.com

Trusted Partners:



Brian Gilligan

A Glass Clearly LLC



Casey Lindberg

Casey Lindberg LLC



Kevin Kampschroer

1950 LLC

Our Team's History:

Our Team doesn't just follow health and wellbeing standards – Our work informed and helped create them!

Star Mountain has been called a “market differentiator” by architects and their clients, for winning highly competitive large scale building projects!

Our Team has worked together for up to two decades*, developing and applying a prescription for healthy workspaces that support physical health and emotional wellbeing. The joint U.S. General Services Administration - University of Arizona [Wellbuilt For Wellbeing Project](#), used wearable devices to measure the impacts of built work environments on health and wellbeing. The Team, working with architects [Line and Space](#), subsequently applied

these research findings to the design of the [Andrew Weil Center for Integrative Medicine's award-winning 3 building complex](#). Combining their wealth of experience and knowledge in designing for health and wellbeing, the team brings clients their expertise in medicine, psychology, architecture, engineering and building science, with deep knowledge of working with government and private sector building owners and operators.

*To read more about Sternberg and Kampschroer's pioneering work across 2 decades with collaborators including heart rate variability pioneer Dr. Julian Thayer, and how the Team came together, check out Dr. Sternberg's latest book [Well At Work: Creating Wellbeing In Any Workspace!](#)

Our Name:

Star Mountain is derived from Sternberg's name (Stern = Star; Berg = Mountain) and symbolizes the aspirational healing spaces that Dr. Sternberg's work creates.

Our History:

Star Mountain LLC is an outgrowth of [Dr. Sternberg's quarter-century work with the U.S. General Services Administration using wearable devices to measure the impacts of built and natural environments on health and wellbeing \(View as PDF\)](#). The principles for designing for wellbeing laid out in her two popular and award-winning books, [Well At Work: Creating Wellbeing in Any Workspace](#) and [Healing Spaces: The Science of Place and Wellbeing](#) are based on this research and merge sensory neuroscience and an integrative medicine whole body health framework with design of the built environment to help all achieve their optimal health and performance wherever they work, live, learn or play. Formerly Research Director at the Andrew Weil Center for Integrative Medicine, Research Professor of Medicine (Retired) with Joint Appointments in Architecture, Planning & Landscape Architecture (Retired), Psychology (Retired), and Nutritional Sciences and Wellness (Retired) at the University of Arizona, and previously Senior Scientist and Section Chief at the National Institutes of Health, Dr. Sternberg is currently devoting her time to advising on place and wellbeing and embedding the principles of integrative health into built and natural environments to enhance occupant resilience and keep people happy, healthy and well wherever they work, live, learn or heal. For full Biography, see the [Biography here](#) (PDF).

Our Services:

We are available for consulting to organizations who wish to apply an integrative health framework to the design of their built environments, complemented by programming for optimal employee health, wellbeing and performance.

Services include consulting or advising on applying an integrative health framework to building design from the earliest phases of design and construction through to post-occupancy surveys; providing in-person or remote lectures, webinars, trainings, convening of advisory committees and other means to target, train, and inform stakeholders interested in creating wellbeing environments.

Star Mountain LLC provides in-depth reports and guidance on measuring and implementing integrative health wellbeing interventions, enhanced by Dr. Sternberg's [Trusted Partners of two decades](#), and their extensive international network of colleagues and experts, including design professionals, building science and sustainability experts, psychology and health experts from academe, the private sector and government.

We have a track record of successful consulting on diverse building types and organizations, including office buildings, healthcare facilities, senior living communities, educational, and performance training facilities. For list of selected relevant advisory committees chaired, convened or participated [see Advisory List](#).

Testimonials:



"I am so pleased that we were able to have your very valuable participation in our AIA Committee on health care and well-being. Your contributions directly led to the AIA playing a more significant role in addressing the need to make our workspaces healthier! There is still much to do and your contributions to the discussion will lead the way!"

- George Miller, FAIA, American Institute of Architects National President (2010)



"Dr. Sternberg is a world-renowned leader in understanding the intricate relationship between stress, the mind-body connection, and the built environment. Her groundbreaking research has profoundly shaped how we think about the environmental conditions that influence health and wellbeing. I am honored to know her and grateful for the opportunity to collaborate—her expertise has been foundational to the work we do at Studio Elsewhere. Her work has significantly impacted multiple dimensions of Studio Elsewhere's ecosystem—our projects, our hospital partners, and my own personal journey."

- Mirelle Phillips, Founder and CEO Studio Elsewhere



"I want to express my gratitude for your pioneering work. Your research at the intersection of neuroendocrinology, immunology, and environmental health has had a profound impact on how we think about stress, resilience, and the built environment's role in healing. At Tia, we view your work as essential to redefining what comprehensive care for women really means. Your exploration of how the brain communicates with the immune system — and how that shapes physical and emotional health — is foundational to how we want to practice and teach prevention across the lifespan. Also, it has been a well of information for me personally as a person who battles with autoimmune conditions."

- Felicity Yost, Co-Founder, President and CEO, TiaHEALTH



"I was the type of student that didn't really know what they wanted to do when they "grew" up or what they wanted to be. Throughout university and even into my first job. But then I got handed a book called "Healing Spaces" in 2009 / 2010 which changed everything for me. It was by Esther Sternberg M.D. and it was about how we can use space and buildings to create environments where people can heal and thrive, with a focus on healthcare. As a son of a nurse who retired early due to her physical and mental health, this resonated very strongly. And I suddenly knew what I wanted to do and what I was supposed to do. The book - and Esther - gave me a sense of purpose. (p.s Esther has a brand new book out called Well at Work!)"

- Jack Noonan, SVP & Head of APAC at the International WELL Building Institute

Case Study Example of Dr. Sternberg's Work:

While Research Director at the [Andrew Weil Center for Integrative Medicine](#), Dr. Sternberg was tasked by Dr. Andrew Weil to convene an advisory committee of architects, building science and sustainability experts to work with Line & Space architects of record to embed the 7 domains of integrative health into the new 3-building Andrew Weil Center for Integrative Medicine complex, which opened in April 2024. Sternberg tapped her extensive network of colleagues and collaborators to stand up the committee, which included, amongst others, the Dean of the UArizona College of Architecture, Planning & Landscape Architecture and the then GSA Director of High Performance Federal Green Buildings and Chief White House Sustainability Officer. The complex won the [2025 International Architecture Awards Honorable Mention](#) (also [see here](#), [and here](#)) and AIA AZ Design Award 2025, along with AZ Masonry Council Excellence in Masonry Architecture Award 2024 and AIA Southern AZ Unbuilt Design Award 2020.



photo by
BradleyWheelerPhoto.com

Contact:

For more information and to obtain a quote for Dr. Sternberg's and Star Mountain LLC's services, please contact Diana Miranda, Executive Assistant to Dr. Esther Sternberg at dr.esternbergassistant@dr.starmountain.com.