Richard J. Davidson, PhD

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Davidson’s research is broadly focused on the neural bases of emotion and emotional style and methods to promote human flourishing including meditation and related contemplative practices. He has published over 390 articles, numerous chapters and reviews and edited 14 books. He is the author (with Sharon Begley) of "The Emotional Life of Your Brain" published in 2012 and co-author with Daniel Goleman of “Altered Traits” published in 2017. In 2017 he was elected a member of the National Academy of Medicine, the premier authority dedicated to the health and medical sciences.