Richard J. Davidson, PhD

**William James and Vilas Research Professor of Psychology and Psychiatry and Founder & Director of the Center for Healthy Minds, University of Wisconsin-Madison**.

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 400 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. He was elected to the National Academy of Medicine in 2017 and appointed to the Governing Board of UNESCO’s Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) in 2018.