

The Contemplative Studies Initiative and The School of Public Health Proudly Present

A PUBLIC LECTURE

WELL-BEING IS A SKILL: PERSPECTIVES FROM NEUROSCIENCE

**BY
RICHARD DAVIDSON**

WILLIAM JAMES AND VILAS RESEARCH PROFESSOR OF PSYCHOLOGY AND PSYCHIATRY
DIRECTOR OF THE WAISMAN LABORATORY FOR BRAIN IMAGING AND BEHAVIOR
FOUNDER OF THE CENTER FOR INVESTIGATING HEALTHY MINDS, WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON



Professor Richard Davidson, one of the world's foremost Cognitive Neuroscientists, received his Ph.D. from Harvard University and has been at the University Wisconsin-Madison since 1984. He has published more than 320 articles, numerous chapters and reviews, and has edited 14 books. He is the author (with Sharon Begley) of *The Emotional Life of Your Brain*, published in 2012. He is the recipient of numerous awards for his research including the William James Fellow Award from the American Psychological Society-the Distinguished Scientific Contribution Award. He was named one of the 100 most influential people in the world by Time Magazine in 2006. He was recipient of the MacLean Award for Outstanding Neuroscience Research in Psychosomatic Medicine in 2011. He serves on the Scientific Advisory Board at the Max Planck Institute for Human Cognitive and Brain Sciences (2011-2017) and is a member of the World Economic Forum's Global Agenda Council for Mental Health (2014-2016).

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