

The Mattoo Center for India Studies

invites you to two events on

Monday, March 26th, featuring

Dr. Amit Sood, Mayo Clinic



3:00 PM

Charles B. Wang Center, Lecture Hall 2

**The 2018 Drs. Rajesh and Sonali Kakani Lecture
Creating a Life of Happiness and Resilience:
Insights from Neuroscience and Positive Psychology**

6:00 PM

Humanities 1006

**A Conversation on Resilience with Dr. Amit Sood,
Dr. Stephen Post and Dr. Latha Chandran**

Dr. Sood will be available to sign his book *The Mayo Clinic Handbook for Happiness: A 4-Step Plan for Resilient Living*

Resilience, the ability to positively handle adversity, correlates with better physical and emotional health, engagement and work productivity. Dr. Sood will share key components of a proven resilience program. He will offer groundbreaking insights into the neuroscience of stress and resilience, and show how investing as little as five minutes a day can significantly enhance well-being, happiness, quality of life and healthy behaviors. These techniques for stress management and resiliency help prevent and overcome professional burnout.

Dr. Amit Sood is Chair of the Mind Body Initiative at the Mayo Clinic and a national leader on physician health and well-being. He is an expert in the application of positive psychology to the issues of loss of meaning, depersonalization, and burnout, common in today's fast-paced world. He is author of *The Mayo Clinic Handbook for Happiness: A 4-Step Plan for Resilient Living* (2015).

Dr. Stephen Post is director of the Center for Medical Humanities at Stony Brook Medical School.

Dr. Latha Chandran is Vice Dean, Academic and Faculty Affairs, Miriam and David Donoho Distinguished Teaching Professor, and SUNY Distinguished Teaching Professor, Stony Brook Medical School.

For more information, please call 631-632-9742 / www.stonybrook.edu/india

