



Robert Waldinger is a psychiatrist, psychoanalyst and Zen priest. He is Clinical Professor of Psychiatry at Harvard Medical School and directs the Harvard Study of Adult Development, one of the longest-running studies of adult life ever done. The Study tracked the lives of two groups of men for over 75 years, and it now follows their Baby Boomer children to understand how childhood experience reaches across decades to affect health and wellbeing in middle age. He writes about what science and Zen can teach us about healthy human development. Dr. Waldinger is the author of numerous scientific papers as well as two books. He teaches medical students and psychiatry residents at Massachusetts General Hospital in Boston, and he is a Senior Dharma Teacher in Boundless Way Zen.

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Speech Topics

- ☐ TED Talks
- ☐ Religion / Faith
- ☐ Psychology / Relationships
- ☐ Personal Growth
- ☐ Life Balance
- ☐ Keynote

