

Brief Biography for Dr. Amishi Jha

400 Words: **Amishi Jha, Ph.D.** is Professor of Psychology in the Division of Cognitive and Behavioral Neuroscience at the University of Miami, where she also serves as Director of Contemplative Neuroscience. She co-founded and leads the University's [Mindfulness Research and Practice Initiative](#), which she established in 2010. Dr. Jha's research focuses on the brain's attention system—how it works, why it fails under stress, and how it can be strengthened and protected through mindfulness training. Her laboratory utilizes functional MRI, electrophysiological recordings, and behavioral measures to investigate the neurocognitive mechanisms of attention and its role in resilience and performance. Her work is supported by grants from the Department of Defense and private foundations. She led the first-ever large-scale study offering mindfulness training to active-duty U.S. military service members preparing for deployment. Her findings demonstrated that attention is vulnerable under stress but it can be strengthened and safeguarded through short-form, mindfulness training. These insights have since been extended to other high-demand groups, including first responders, educators, medical and business professionals, athletes, and students. Dr. Jha earned her B.S. in Biological Psychology from the University of Michigan, her Ph.D. in Psychology (Cognitive Neuroscience) from the University of California, Davis, and completed her postdoctoral training in functional neuroimaging at Duke University. Before joining the University of Miami in 2010, she was an Assistant Professor at the Center for Cognitive Neuroscience at the University of Pennsylvania. Her scientific work has been published in leading journals including *Psychological Bulletin*, *American Psychologist*, *Journal of Cognitive Neuroscience*, *PLOS ONE*, *Mindfulness*, and *Journal of Neurophysiology*. She has served on editorial boards for *Frontiers in Psychology*, *Frontiers in Neuroscience*, and *Journal of Experimental Psychology: General*. In addition to her academic contributions, Dr. Jha is a sought-after speaker and public educator. Her work has been featured at TED, NATO, the World Economic Forum, the New York Academy of Sciences, SxSW, the Pentagon, and the United Kingdom's Parliament. She has been interviewed by Joe Rogan, Brené Brown, Anderson Cooper, Dan Harris, and others. Her research has been covered by *The New York Times*, *TIME*, *Forbes*, *Newsweek*, *Mindful*, and NPR. She is the author of the national bestseller [Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day](#) (HarperCollins), translated into more than a dozen languages. She also created the [Pushups for the Mind](#) app to help individuals strengthen their attention anytime, anywhere. Learn more at [Amishi.com](#).

200 Words: **Amishi Jha, PhD** is Director of Contemplative Neuroscience and Professor of Psychology at the University of Miami. Prior to her current role, she was an Assistant Professor at the University of Pennsylvania's Center for Cognitive Neuroscience. She earned her PhD in Psychology (Cognitive Neuroscience) from UC–Davis and completed postdoctoral training in brain imaging at Duke University. With support from the Department of Defense and private foundations, Dr. Jha investigates the neural mechanisms of attention and how attention can be protected and strengthened with mindfulness training. Her research focuses on high-stress, high-demand professionals—including military service members, first responders, medical and business professionals and leaders, and elite athletes—where cognitive resilience and peak performance are critical. She led the first-ever study to offer mindfulness training to active-duty U.S. military personnel preparing for deployment—showing that while attention is vulnerable under stress, it can be strengthened through mindfulness training. Her work has been featured by TED, NATO, the Pentagon, the World Economic Forum, *The New York Times*, *TIME*, NPR and more. She is the author of the national bestseller [Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day](#) and creator of the [Pushups for the Mind](#) app. Learn more at [Amishi.com](#).

100 Words: **Amishi Jha, PhD** is Director of Contemplative Neuroscience and Professor of Psychology at the University of Miami. She studies the brain's attention system and the effects of mindfulness training on resilience and performance in high-demand professions, including the military, emergency services, and medicine. Her research has been supported by the Dept. of Defense and featured by TED, NATO, the World Economic Forum, *The New York Times*, and NPR. She led the first large-scale study of mindfulness training with active-duty service members. She is the author of the national bestseller [Peak Mind](#) and creator of the [Pushups for the Mind](#) app. Learn more at [Amishi.com](#).