
CURRICULUM VITAE

AMISHI P. JHA

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I. PERSONAL:

Name: Amishi P. Jha

Current Academic Rank: Professor (Tenured)

Primary Department: Psychology, Division of Cognitive and Behavioral
Neuroscience
College of Arts and Sciences
University of Miami

Citizenship: USA

II. HIGHER EDUCATION:

Institutional Degrees

University of California, Davis (1998) Ph.D. Psychology

University of California, Davis (1995) M.A. Psychology

University of Michigan (1993) B.S. Psychology

Post-doctoral Training

Duke University (1998-2001) Neuroimaging, Functional MRI

III. EXPERIENCE

Academic Appointments:

2021 Professor, University of Miami
Department of Psychology

2010 -2021 Associate Professor, University of Miami
Department of Psychology

2002-2010 Assistant Professor, University of Pennsylvania
Center for Cognitive Neuroscience and Department of Psychology

Other:

2010 to present Director of Contemplative Neuroscience and Co-Founder
Mindfulness Research and Practice Initiative (*UMindfulness*)
University of Miami

IV. HONORS, AWARDS, AND RECOGNITIONS

2024 Association for Psychological Science Fellow
 2024 Distinguished Alumni Award, Glenbard South High School, Wheaton, IL
 2023 Departmental Award, Dept. of Psychology, University of Miami
Awarded for fostering collaboration, mentorship, and student/faculty/staff engagement to ensure that a broad range of perspectives contribute to academic and institutional excellence.
 2023 Graduate Commencement Speaker, University of Miami
 2021 Ambassador of Mindfulness Award, Mindful Kids Miami (Miami-based nonprofit)
 2020 TED.com “[An Introduction to TED Talks](#)” (selected as 1 of 18 talks)
 2019 Foundation for a Mindful Society, [12 Powerful Women in Mindfulness](#)
 2017 Foundation for a Mindful Society, [10 Mindfulness Researchers You Should Know](#)
 2010 PopTech Science and Public Leadership Fellow
 2009 [Dean’s Innovation in Teaching Award, University of Pennsylvania](#)
 2007 [Charles Ludwig Award for Distinguished Teaching, University of Pennsylvania](#)
 1999-2001 McDonnell-Pew Foundation, Post-doctoral Fellow, Duke University
 1998-2001 NIMH Post-doctoral Fellow, Department of Psychiatry, Duke University
 1995-1998 NIMH Pre-doctoral Fellow, Department of Psychology, UC Davis

V. PUBLICATIONS**A. Book**English

Jha, A.P. (2021). *Peak Mind*. Harper Collins, New York, NY (Hardcover)
(2022, Paperback)
*National Bestseller

International Translations (15)

2022 UK-English, Chinese, Dutch, Korean, Italian, German, Portuguese (Brazil, *Sagaz*), Portuguese (Portugal, *Atencao Suprema*), Romanian
 2023 Russian, Spanish, Taiwanese, Polish, Arabic
 2024 Thai

B. Book chapters

*=First author is trainee of APJ

1. Alessio, J., Hosie., M.P., **Jha, A.P.**, (2023). Chapter 6: Mindfulness Training for Optimization and Wellness. In COLs M. Hosie, M. L. Sipos, and T. W. Britt, *Health and Wellbeing for Military Executives*. US Army War College, Carlisle, PA.
2. Denkova, E., Alessio, C., Barry, J., Zanesco, A.P., Rogers, S.L., & **Jha, A.P.** (2022). Mindfulness training in organizational settings: An empirical look at the research. In L. Wilkin and Y. Pathak, *De Gruyter Handbook of Organizational Conflict Management*. De Gruyter.

3. Denkova, E., Zanesco, A. P., Morrison, A. B., Rooks, J., Rogers, S. L., & **Jha, A. P.** (2020). Strengthening attention with mindfulness training in workplace settings. In D.J. Siegel and M.S. Solomon, *Mind, Consciousness, and Well-Being* (pp. 1-22). Norton.
4. *Morrison, A. B. & **Jha, A. P.** (2015). Mindfulness, attention, and working memory. In B. D. Ostafin, (Ed.), *Handbook of mindfulness and self-regulation* (pp. 33-46). Springer.
5. **Jha, A. P.**, Rogers, S. L., & Morrison, A. B. (2014). Mindfulness training in high stress professions: Strengthening attention and resilience. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: A clinician's guide* (2nd ed., pp. 347-366). Elsevier.
6. **Jha, A. P.**, Stanley, E. A., & Baime, M. J. (2010). What does mindfulness training strengthen? Working memory capacity as a functional marker of training success. In R. A. Baer (Ed.), *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 207-221). New Harbinger Publications.
7. **Jha, A. P.**, Baime, M. J., & Sreenivasan, K. (2009). Attention and mindfulness training. In R. Ingram (Ed.), *The international encyclopedia of depression* (pp. 37-40). Springer.
8. Mangun, G. R., Hopfinger, J. B., & **Jha, A. P.** (2000). Integrating electrophysiology and neuroimaging in the study of human brain function. In P. Williamson, A. M. Siegel, D. W. Roberts, V. M. Thandi, & M. S. Gazzaniga (Eds.), *Advances in neurology* (vol. 84, pp. 35-49). Lippincott, Williams, & Wilkins.
9. Mangun, G. R., **Jha, A. P.**, Hopfinger, J. B., & Handy, T. C. (2000). The temporal dynamics and functional architecture of attentional processes in human extrastriate cortex. In M.S. Gazzaniga, (Ed.), *The new cognitive neurosciences* (pp. 701-710). MIT Press.
10. Hopfinger, J. B., **Jha, A. P.**, Hopf, J. M., Girelli, M., & Mangun, G. R. (2000). Electrophysiological and neuroimaging studies of voluntary and reflexive attention. In: S. Monsell & J. Driver (Eds.), *Control of cognitive processes: Attention and performance XVIII* (pp. 125-154). MIT Press.

C. Peer Reviewed Journal Articles

NIH/ NCBI Bibliography:

<https://www.ncbi.nlm.nih.gov/myncbi/1POYcOvhstDQP/bibliography/public/>

*=First author is trainee of APJ

1. **Jha, A.P.**, Izaguirre, M.K., & Adler, A.B., (in press, 2025). Mindfulness Training in Military Settings: Emerging Evidence and Best-practice Guidance. *Current Psychiatry Reports*.
2. Zanesco, A.P., Denkova, E., Barry, J., Alessio, C., & **Jha, A.P.** (in press, 2025). Examining cognition in action: Laboratory-based attentional control tasks predict performance on combat-relevant tasks in an augmented reality training environment. *Frontiers in Psychology*, 16, 1-10. <https://doi.org/10.3389/fpsyg.2025.1543161>
3. Dziego, C., Zanesco, A. P., Bornkessel-Schlesewsky, I., Schlesewsky, M., Stanley, E. A., and **Jha, A. P.**, (2024). Mindfulness Training in High-Demand Cohorts Alters Resting-State Electroencephalography: An Exploratory Investigation of Individual Alpha Frequency,

- Aperiodic 1/f Activity, and Microstates. *Biological Psychiatry Global Open Science* 4(6): 100383. <https://doi.org/10.1016/j.bpsgos.2024.100383>
4. *Price, M.M., Zanesco, A.P., Denkova, E. & Jha, A.P. (2024) Examining factors associated with self-reported cognitive functioning in elite military settings: considerations of combat experiences and post-traumatic stress symptomology. *Sci Rep* 14, 19161. <https://doi.org/10.1038/s41598-024-65826-3>
 5. *Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2024). Mind-wandering increases in frequency over time during task performance: An individual-participant meta-analytic review. *Psychological Bulletin*. Advance online publication. <https://doi.org/10.1037/bul0000424>
 6. *Zanesco, A. P., Denkova, E., Barry, J., & **Jha, A. P.** (2024). Mind wandering is associated with worsening attentional vigilance. *Journal of Experimental Psychology: Human Perception and Performance*. Advance online publication. <https://dx.doi.org/10.1037/xhp0001233>
 7. *Zanesco, A. P., Van Dam, N. T., Denkova, E., & **Jha, A. P.** (2024). Measuring mind wandering with experience sampling during task performance: An item response theory investigation. *Behavior research methods*, 10.3758/s13428-024-02446-9. <https://doi.org/10.3758/s13428-024-02446-9>
 8. Gunsilius, C. Z., Price, M. M., Rogers, S. L., Flynn, E., & **Jha, A. P.** (2024). Paying attention to attention: a program evaluation of faculty-delivered mindfulness-based attention training to optimize wellness and professionalism in medical students. *BMC Medical Education*, 24(1), 1-11. <https://doi.org/10.1186/s12909-024-05119-5>
 9. *Price M, Zanesco A, Denkova E, Barry J, Rogers SL, & **Jha A. P.** (2023). Investigating the Protective Effects of Mindfulness-Based Attention Training on Mind Wandering in Applied Settings. *Frontiers in Psychology*, 14, <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1232598/abstract>
 10. Nassif, T. H., Gutierrez, I. A., Smith, C. D., **Jha, A. P.**, Adler, A. B. (2023). The Effect of a Combined Mindfulness and Yoga Intervention on Soldier Mental Health in Basic Combat Training: A Cluster Randomized Controlled Trial. *Depression and Anxiety*. <https://doi.org/10.1155/2023/6869543>
 11. Smith, C., Gutierrez, I. A., Nassif, T. H., Jordan, K. L., Taylor, K. M., **Jha, A. P.**, & Adler, A. B. (2023). Impact of Mindfulness Training and Yoga on Injury and Pain-Related Impairment: A Group Randomized Trial in Basic Combat Training. *Frontiers in Psychology*, 14, 1214039. <https://doi.org/10.3389/fpsyg.2023.1214039>
 12. Denkova, E., Barry, J., Zanesco, A. P., Rooks, J., Rogers, S. L., **Jha, A. P.** (2023) Online Mindfulness Training for Older Adults during the COVID-19 Pandemic: A Randomized Control Trial using a Multimethod Assessment Approach. *Aging and Mental Health*, 1-12. <https://doi.org/10.1080/13607863.2023.2242301>
 13. Nassif, T.H., Adrian, Gutierrez, I.A., A.C., Dixon, A., Rogers, S.L., **Jha, A.P.**, Adler, A.B., (2023). Optimizing Performance and Mental Skills with Mindfulness-Based Attention Training: A Pilot Randomized Trial with Operational Units. *Military Medicine*. 188 (3/4), 761-770, <https://doi.org/10.1093/milmed/usab380>

14. Banks, J.B., Mallick, A., Nieto, A.C., Zanesco, A. P., & **Jha, A. P.** (2023). The role of affective interference and mnemonic load in the dynamic adjustment in working memory. *Memory & Cognition*. 51, 203-223 <https://doi.org/10.3758/s13421-022-01303-4>
15. Witkin, J.E., Denkova, E., Zanesco, A. P., Morrison, A. B., Rooks, J., Carpenter, J., Baime, M., & **Jha, A. P.** (2022). Does intensive mindfulness training strengthen sustained attention? examining individual differences in mind wandering during the sustained attention to response task. *OBM Integrative and Complementary Medicine*. <https://doi.org/10.21926/obm.icm.2202016>
16. Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2022). Examining long-range temporal dependence in experience sampling reports of mind wandering. *Computational Brain & Behavior*. <https://doi.org/10.1007/s42113-022-00130-9>
17. **Jha, A. P.**, Zanesco, A. P., Denkova, E., MacNaulty, W., & Rogers., S. L. (2021). The effects of mindfulness training on working memory performance in high-demand cohorts: a multi-study investigation. *Journal of Cognitive Enhancement*. 6, 192–204. <https://doi.org/10.1007/s41465-02100228-1>
18. Denkova, E., Barry, J., Slavin, L., Zanesco, A. P., Rogers, S.L., & **Jha, A.P.** (2021). Investigating the impact of peer-trainer delivered mindfulness training on cognitive abilities and psychological health. *Mindfulness*, 12, 2645–2661. <https://doi.org/10.1007/s12671-021-01713-6>
19. *Witkin, J. E., Denkova, E., Zanesco, A. P., Llabre, M.M., & **Jha, A. P.** (2021). Higher self-reported PTSD symptoms are associated with poorer working memory in active-duty service members. *Neuropsychology*, 35(7), 718–730. <https://doi.org/10.1037/neu0000755>
20. *Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2021). Associations between self-reported spontaneous thought and temporal sequences of EEG microstates. *Brain and Cognition*, 150, 105696. <https://doi.org/10.1016/j.bandc.2021.105696>
21. *Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2021). Self-reported mind wandering and response time variability differentiate pre-stimulus electroencephalogram microstate dynamics during a sustained attention task. *Journal of Cognitive Neuroscience*, 33(1), 28-45. http://doi.org/10.1162/jocn_a_01636
22. **Jha, A. P.**, Zanesco, A. P., Denkova, E., Rooks, J., Morrison, A. B., & Stanley, E. (2020). Comparing mindfulness and positivity trainings in high demand cohorts. *Cognitive Therapy and Research*, 44, 311326. <https://doi.org/10.1007/s10608-020-10076-6>
23. *Zanesco, A. P., Denkova, E., Witkin, J. E., & **Jha, A. P.** (2020). Experience sampling of the degree of mind wandering distinguishes hidden attentional states. *Cognition*. 205, 104380 <https://doi.org/10.1016/j.cognition.2020.104380>
24. *Witkin, J., Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2020). Dynamic adjustments in working memory in the face of affective interference. *Memory & Cognition*, 48, 16-31. <https://doi.org/10.3758/s13421-019-00958-w>

25. *Zanesco, A. P., Witkin, J. E., Morrison, A. B., Denkova, E., & **Jha, A. P.**, (2020). Memory load, distracter interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan. *Psychology and Aging*, 35(5), 614-626
<https://doi.org/10.1037/pag0000434>
26. **Jha, A. P.**, Zanesco, A. P., Denkova, E., Morrison, A. B., Ramos, N., Chichester, K., Gaddy, J., & Rogers, S. (2020). Bolstering cognitive resilience via train-the-trainer delivery of mindfulness training in applied high-demand settings. *Mindfulness*, 11, 683–697.
<https://doi.org/10.1007/s12671-019-01284-7>
27. Denkova, E., Zanesco, A. P., Rogers, S. L., & **Jha, A. P.** (2020). Is resilience trainable? An initial study comparing mindfulness and relaxation training in firefighters. *Psychiatry Research*, 285, 112794 <https://doi.org/10.1016/j.psychres.2020.112794>
28. *Zanesco, A. P., Denkova, E., Rogers, S. L., MacNulty, W. K., & **Jha, A. P.** (2019). Mindfulness training as cognitive training in high-demand cohorts: An initial study in elite military servicemembers. *Progress in Brain Research*, 244, 323-354.
<https://doi.org/10.1016/bs.pbr.2018.10.001>
29. **Jha, A. P.**, Rogers, S. L., Schoemaker, E., & Cardon, E. (2019). Deploying mindfulness to gain cognitive advantage: Considerations for military effectiveness and well-being. *NATO Science and Technology Conference Proceedings*, 1-14. [NATO Conference Proceedings](#)
30. **Jha, A. P.**, Denkova, E., Zanesco, A. B., Witkin, J. E., Rooks, J., & Roger., S. L. (2019). Does mindfulness training help working memory “work” better? *Current Opinion in Psychology*, 28, 273-278. <https://doi.org/10.1016/j.copsyc.2019.02.012>
31. Denkova, E., Nomi, J. S., Uddin, L.Q., & **Jha, A. P.** (2019). Dynamic brain network configurations during rest and an attention task with frequent occurrence of mind wandering. *Human Brain Mapping*, 40(15), 4564-4576. <https://doi.org/10.1002/hbm.24721>
32. Banks, J. B., **Jha, A. P.**, Hood, A. V. B., Goller, H. G., Craig, L. L. (2019). Reducing the TUTs that hurt: The impact of a brief mindfulness induction on emotionally valenced mind wandering. *Journal of Cognitive Psychology*, 31(8), 785-799.
<https://doi.org/10.1080/20445911.2019.1676759>
33. Denkova, E., Brudner, E. G., Zayan, K., Dunn, J., & **Jha, A. P.** (2018). Attenuated Face Processing during Mind Wandering. *Journal of Cognitive Neuroscience*, 30(11), 1691-1703.
https://doi.org/10.1162/jocn_a_01312
34. *Brudner, E. G., Denkova, E., Paczynski, M., & **Jha, A. P.** (2018). The role of expectations and habitual emotion regulation in emotional processing: an ERP investigation. *Emotion*, 18(2), 171-180. <https://doi.org/10.1037/emo0000313>
35. *Rooks, J., Morrison, A. B., Goolsarran, M., Rogers, S. L., & **Jha, A. P.** (2017). “We are talking about practice”: The influence of mindfulness vs. relaxation training on athletes’ attention and well-being over high-demand intervals. *Journal of Cognitive Enhancement*, 1, 141-153. <https://doi.org/10.1007/s41465017-0016-5>

36. Osman, A., Paczynski, M., & **Jha, A. P.** (2017). Affective expectations influence neural responses to stressful images in soldiers. *Military Psychology*, 29(1), 41-57. <https://doi.org/10.1037/mil0000128>
37. *Krimsky, M., Llabre, M. M., Forster, D. E., & **Jha, A. P.** (2017). The influence of time-on-task on mind wandering and visual working memory. *Cognition*, 169, 84-90. <https://doi.org/10.1016/j.cognition.2017.08.006>
38. **Jha, A. P.**, Witkin, J. E., Morrison, A. B., Rostrup, N., & Stanley, E. (2017). Short-form mindfulness training protects against working memory degradation over high-demand intervals. *Journal of Cognitive Enhancement*, 1, 154-171. <https://doi.org/10.1007/s41465-017-0035-2>
39. Denefrio, S., Simmons, A., **Jha, A. P.**, & Dennis-Tiway, T. (2017). Emotional cue validity effects: The role of neurocognitive responses to emotion. *PLoS ONE*, 12(7), 1-18. <https://doi.org/10.1371/journal.pone.0179714>
40. **Jha, A. P.**, Morrison, A. B., Parker, S. C., & Stanley, E. A. (2016). Practice is protective: Mindfulness training promotes cognitive resilience in high-stress cohorts. *Mindfulness*, 8, 46-58. <https://doi.org/10.1007/s12671-015-0465-9>
41. **Jha, A. P.**, Morrison, A. B., Dainer-Best, J., Parker, S., Rostrup, N., & Stanley, E. (2015). Minds “at attention”: Mindfulness training curbs attentional lapses in military cohorts. *PLoS ONE*, 10(2), 1-19. <https://doi.org/10.1371/journal.pone.0116889>
42. *Paczynski, M., Burton, A., & **Jha, A. P.** (2015). Brief exposure to aversive stimuli impairs visual selective attention. *Journal of Cognitive Neuroscience*, 27(6), 1172–1179. https://doi.org/10.1162/jocn_a_00768
43. Lutz, A., **Jha, A. P.**, Dunne, J. D., & Saron, C. (2015). Investigating the phenomenological matrix of mindfulness-related practices from a neurocognitive perspective. *American Psychologist*, 70(7), 632-658. <https://doi.org/10.1037/a0039585>
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45. *Hallion, L. S., Ruscio, A. M., & **Jha, A. P.** (2014). Fractionating the role of executive control in control over worry: A preliminary investigation. *Behaviour Research and Therapy*, 54, 1-6. <https://doi.org/10.1016/j.brat.2013.12.002>
46. Roeser, R. W., Schonert-Reichl, K. A., **Jha, A. P.**, Cullen, M., Wallace, L., Wilensky, R., Oberle, E., Thomson, K., Taylor, C., & Harrison, J. (2013). Mindfulness training and reductions in teacher stress and burnout: Results from two randomized, waitlist-control field trials. *Journal of Education Psychology*, 105(3), 787-804. <https://doi.org/10.1037/a0032093>

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48. Leonard, N. R., **Jha, A. P.**, Casarjian, B., Goolsaran, M., Garcia, C., Cleland, C. M., Gwadz, M. V., & Massey, Z. (2013). Mindfulness training improves attentional task performance in incarcerated youth: A group randomized controlled intervention trial. *Frontiers in Psychology*, 4(792), 2-10. <https://doi.org/10.3389/fpsyg.2013.00792>
49. Davidson, R., Dunne, J., Eccles, J. S., Engle, A., Greenberg, M., Jennings, P., **Jha, A. P.**, Jinpa, T., Lantieri, L., Meyer, D., Roeser, R. W., & Vago, D. (2012). Contemplative practices and mental training: Prospects for American education. *Child Development Perspectives*, 6(2), 146-153, <https://doi.org/10.1111/j.1750-8606.2012.00240.x>
50. *Van Vugt, M., & **Jha, A. P.** (2011). Investigating the impact of mindfulness meditation training on working memory: A mathematical modeling approach. *Cognitive, Affective, and Behavioral Neuroscience*, 11, 344-353. <https://doi.org/10.3758/s13415-011-0048-8>
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53. *Baijal, S., **Jha, A. P.**, Kiyonaga, A., Singh, R., & Srinivasan, N. (2011). The influence of concentrative meditation training on the development of attention networks during early adolescence. *Frontiers in Developmental Psychology*, 2(153), 1-9. <https://doi.org/10.3389/fpsyg.2011.00153>
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55. **Jha, A. P.**, Stanley, E. A., Kiyonaga, A., Wong, L., & Gelfand., L. (2010). Examining the protective effects of mindfulness training on working memory capacity and affective experience. *Emotion*, 10(1), 54–64. <https://doi.org/10.1037/a0018438>
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60. **Jha, A. P.**, Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive Affective and Behavioral Neuroscience*, 7, 109-119. <https://doi.org/10.3758/cabn.7.2.109>
61. Dolcos, F., Miller, B., Kragel, P., **Jha, A. P.**, & McCarthy, G. (2007). Regional brain differences in the effect of distraction during the delay interval of a working memory task. *Brain Research*, 1152, 171-181. <https://doi.org/10.1016/j.brainres.2007.03.059>
62. **Jha, A. P.**, Ranucci, M. R., & Giuliani, N. R. (2006). Organization of mnemonic and response operations within prefrontal cortex. *Brain Research*, 1097(1), 133-141. <https://doi.org/10.1016/j.brainres.2006.02.039>
63. Botvinik, M., **Jha, A. P.**, Bylsma, L., Fabian, S. A., Soloman, P. E., & Prkachin, K. M. (2005). Viewing facial expressions of pain engages cortical areas involved in the direct experience of pain. *Neuroimage*, 25(1), 312-319. <https://doi.org/10.1016/j.neuroimage.2004.11.043>
64. Petrella, J. R., Townsend, B. A., **Jha, A. P.**, Ziajko, L. A., Slavin, M. J., Lustig, C., Hart, S. A., & Doraiswamy, P. M. (2005). Increasing memory load modulates regional brain activity in older adults as measured by fMRI. *Journal of Neuropsychiatry & Clinical Neurosciences*, 17(1), 75-83. <https://doi.org/10.1176/jnp.17.1.75>
65. **Jha, A. P.**, Fabian, S. A., & Aguirre, G. K. (2004). The role of prefrontal cortex in resolving distractor interference. *Cognitive, Affective, and Behavioral Neuroscience*, 4, 517-527. <https://doi.org/10.3758/cabn.4.4.517>
66. **Jha, A. P.** (2002). Tracking the time-course of attentional involvement in spatial working memory: An event-related potential investigation. *Cognitive Brain Research*, 15(1), 61-69. [https://doi.org/10.1016/s0926-6410\(02\)00216-1](https://doi.org/10.1016/s0926-6410(02)00216-1)
67. Petrella, J. R., Lustig, C., Bucher, L. A., **Jha, A. P.**, & Doraiswamy, P. M. (2002). Prefrontal activation patterns in subjects at risk for Alzheimer disease. *American Journal of Geriatric Psychiatry*, 10(1), 112-113. <https://doi.org/10.1097/00019442-200201000-00014>
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72. Reuter-Lorenz, P., **Jha, A. P.**, & Rosenquest, N. (1996). What is inhibited in the inhibition of return? *Journal of Experimental Psychology: Human Perception and Performance*, *22*(2), 367-378. <https://doi.org/10.1037/0096-1523.22.2.367>

Manuscripts under review or in preparation.

1. Gutierrez, I.A., Blieze, P.D, Nassif, T.H., Smith, C., **Jha, A.P.**, & Adler, A.B., (revise and resubmit). The Effect of Mindfulness and Yoga Intervention on Unit Cohesion in the Military. *Health Education & Behavior*.
2. Schwartzman, B., Zanesco, A.P., Tsukahara, J.S., Denkova, E., & **Jha, A.P.** (revise and resubmit). Examining Intraindividual Associations between Vigilance and Mind Wandering. *Frontiers in Cognition*.
3. Denkova, E., Tardibuono, T., Zanesco, A.P., Sanchez Montenegro, C., Rooks, J.D., Rogers, S.L., & **Jha, A.P.** (under review). Enhancing Performance through Mindfulness Training: Insights from Two Cluster-Randomized Controlled Trials in an Elite Military Schoolhouse Setting. *Mindfulness*.
4. Denkova, E., Tardibuono, T., Tsukahara, J.S., Zanesco, A.P., **Jha, A.P.** (under review). Climate Anxiety Impairs Sustained Attention: Objective Evidence of a Cognitive Cost. *Frontiers in Psychology*.
5. **Jha, A.P.**, Zanesco, A.P., Denkova, E., Schwartzman, B., Barry, J., Alessio, C., Tsukahara, J.S., & Rogers, S. L. (in-prep for *Cognitive Research: Principles and Implications*). The Effects of a Short-Form Mindfulness Training on the Vigilance Decrement in High-Demand Cohorts
6. Zanesco, A.P., Pandya, S., Denkova, E., **Jha, A.P.** (in prep) Spontaneous Thoughts Covary with the Dynamics of EEG Microstates.
7. Rooks, J., MaGehee, C., Rogers, S.L., **Jha, A.P.** (in prep). From Attention to Action: Mindfulness as the Cognitive Foundation for Psychological Skills in Athletic Performance. Invited chapter.

D. Popular Press Articles

1. **Jha, A.P.**, (2024). Strengthening Attention with Mindfulness Training. *Simplify Magazine* (30), pp 29-38.

2. **Jha, A.P.**, (2022). [Strengthening Attention in the face of growing digital distraction and misinformation, attention matters far more than you think.](#) *Insights Project, Mind and Life Institute*
3. **Jha, A.P.** (2022). [A neuroscientist shares the brain exercise she does for a stronger memory — and the mistake that can ‘harm’ it.](#) *CNBC.com*
4. **Jha A.P.** (2022) [Cultivating a Peak Mind.](#) *Chopra.com*
5. **Jha, A.P.** (2021). [What Brain Science Tells Us About How to Win the Battle Against False Narratives and Divisiveness.](#) *Mindful Magazine*
6. **Jha, A. P.** (2021). Being in the now. *Scientific American* pp 86-93.
7. **Jha, A.P.**, (2020). [The Brain Science of Attention and Overwhelm.](#) *Mindful Magazine*, pp 1-6.
8. **Jha, A. P., & Rogers, S. L.** (2019) The Science of Mindfulness and the Practice of Law. *GPSolo Magazine*, 36(3), pp. 32-27.
9. Rogers, S. L., McAliley, C., & **Jha, A. P.** (2018). Mindfulness training for judges: mind wandering and the development of cognitive resilience. *Court Review*, (54), pp 80-89.
10. **Jha, A. P.** (2018). In Pursuit of Happiness, being in the now: The Science of Mindfulness. *Scientific American Mind*, pp 54-61.
11. **Jha, A. P.** (2013). Being in the now: The neuroscience of mindfulness. *Scientific American Mind*, 24(1), 26-33. (Selected Cover Article).

E. Other works (nonexhaustive)

Selected Conference Abstracts and Trainee Presentations:

*=First author is trainee of APJ

1. Denkova, E., Tsukahara, J.S., Rogers, S. L., **Jha, A.P.** (2025). *Individual Differences in Decentering Corresponds with Leaders' Attentional Control.* Poster submitted to: the annual meeting of the Association for Psychological Science Annual Conference, Washington D.C.
2. *Tsukahara, J.S., Schwartzman, B., Zanesco, A.P., Denkova, E., Rogers, S. L., **Jha, A.P.** (2025). *The Effects of Short-Form Mindfulness Training on the Vigilance Decrement.* Poster submitted to: the annual meeting of the Cognitive Neuroscience Society, Boston, MA.
3. *Schwartzman, B., Zanesco, A.P., Tsukahara, J.S., Denkova, E., **Jha, A.P.** (2025). *Examining EEG Microstate Dynamics as a Function of Time-on-Task.* Poster submitted to: the annual meeting of the Cognitive Neuroscience Society, Boston, MA.
4. Zanesco, A.P., Pandya, S., Denkova, E., & **Jha, A.P.** (2025). *EEG microstates covary with ongoing spontaneous thought.* Poster submitted to the 2025 annual meeting of the Cognitive Neuroscience Society in Boston, MA.

5. *Tardibuono, T., Schwartzman, B., Zanesco, A.P., & Denkova, E., **Jha, A.P.** (2024) *The Costs of Climate Anxiety on Cognitive Performance and Mind Wandering during a Sustained Attention Task*. Poster presented at the Psychonomic Society Annual Meeting, New York.
6. *Pandya, S., Zanesco, A. P., & **Jha, A.P.** (2024). *Characterizing Spontaneous Thought and Conscious Experience at Rest with EEG Microstate k-mers* [Conference Poster abstract]. Cognitive Neuroscience Society 2024 Annual Meeting, Toronto, ON, Canada.
7. *Schwartzman, B., Zanesco, A.P., Denkova, E., **Jha, A.P.**, (2024). *Examining Intra-Individual Associations between Mind Wandering and Response Time Variability as a Function of Time-on-Task*. Poster presented at the annual meeting of the Cognitive Neuroscience Society, Toronto, On, CA.
8. *Price, M.M., Zanesco, A., Denkova, E., Rogers, S.L., Barry, J., & **Jha, A.P.** (2023, November 15-19). *Mindfulness-Training Related Enactment Corresponds with Improved Emotional Well-being in Active-Duty Service Members* [Poster Abstract]. 2023 Association for Behavioral and Cognitive Therapies (ABCT) 57th Annual Convention, Seattle, WA, United States.
9. Smith, C., Gutierrez, I.A., Nassif, T.H., Jordan, K.L., Taylor, K.M., **Jha, A.P.**, and Adler, A.B. (2023). *Warfighter Operational Resilience: Current and Future Directions in the Development and Implementation of Programs to Maintain "Resilience Under Fire*. Presentation at the Military Health System Research Symposium.
10. Nassif, T.H., Gutierrez, I.A., Smith, C.D., **Jha, A.P.**, Adler, A. (2023). *Bolstering Soldier Mental Health in Basic Combat Training with Mindfulness and Yoga: A Randomized Controlled Trial*. Poster at the Military Health System Research Symposium.
11. *Price, M.M., Zanesco, A.P., Denkova, E., & **Jha, A.P.** *Examining the Relationships between PTSD, Protracted Stress, and Cognitive Errors in Daily Life: A Mediation Analysis* (2023). Poster to be presented at the Mind and Life Summer Research Institute.
12. *Zanesco, A.P., Denkova, E., & **Jha, A.P.** (2023). *The frequency of mind wandering increases with greater time-on-task*. Poster to be presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
13. Denkova, E., Barry, J., Zanesco, A.P., Rooks, J., Rogers, S.L., & **Jha, A.P.** (2023). *Online mindfulness training for older adults during the COVID-19 pandemic: A randomized control trial*. Poster to be presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
14. *Barry, J., Zanesco, A.P., Denkova, E., Rogers, S.L., & **Jha, A.P.** (2023). *Examining the protective effects of short-form mindfulness training on sustained attention*. Poster to be presented at the first meeting of the International Society for Contemplative Research, San Diego, CA.
15. Denkova E, Barry J, Zanesco A, Rogers SL, & **Jha A.P.** (2022). *Mindfulness and Military Spouses: A Train-the-Trainer Model*. Symposium 2.0. Push-ups for the Mind: The Military and Mindfulness Research. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
16. *Zanesco A, Denkova E, & **Jha A.P.** (2022). *Mindfulness and Working Memory: A Meta-Analyses in Military Samples*. Symposium 2.0. Push-ups for the Mind: The Military and Mindfulness Research. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
17. *Price M, Zanesco AP, Denkova E, Barry J, Rogers S, & **Jha A.P.** (2022). *Taming the Wandering Mind with Mindfulness-Based Attention Training: An Internal Meta-Analyses*. *APA Convention*, August 4-6, 2022; Minneapolis, MN.
18. *Boland C, Zanesco AP, Denkova E, Alessio C, Price M, Rogers S, & **Jha A.P.** (2022). *The Impact of Mindfulness Training on Stress and Affect in Time-pressured Community Settings*. *APA Convention*, August 4-6, 2022; Minneapolis, MN.

19. *Zanesco AP, Denkova E, Barry J, Alessio C, & **Jha A.P.** (2022). Cognitive Correlates of Operational Performance in an Augmented-Reality Simulation. *Military Health System Research Symposium (MHSRS)*, September 12-15, 2022. Kissimmee, FL.
20. *Price M, Zanesco AP, Denkova E, & **Jha A.P.** (2022). PTSD Symptomatology Mediates Cognitive Failures in Daily Life After Combat Experience in Elite Military Service Members. *Military Health System Research Symposium (MHSRS)*, September 12-15, 2022. Kissimmee, FL.
21. *Price M.M., Zanesco A., Denkova E., Berry J., Rogers S., & **Jha A.P.** (2022). An Internal Meta-Analysis Examining Mindfulness-Based Attention Training and Mind-Wandering in Community Cohorts [Poster presentation]. 2022 Mind and Life Summer Research Institute: Othering, Belonging, and Becoming, Virtual Conference.
22. Zimmerman C, Trivedi N, Stump M, Toll E, Rogers S, **Jha A.P.**, Flynn F. (2021). Findings of a 4-Year Pilot Implementation of Mindfulness-Based Attention Training (MBAT-Rx) at AMS for First Year Medical Students Poster Presentation. Alpert Medical School's 6th Annual Medical Education Scholarship Poster Session. Providence, RI.
23. *Zanesco A. P., Denkova, E., & **Jha, A. P.** (2021). *Re-Examining Long-Range Temporal Dependence in Experience Sampling Reports of Mind Wandering*. 62th Annual Meeting of the Psychonomic Society. November 4-7, 2021; Virtual Conference.
24. *Boland, C.L., Alessio, C., McDonald, K., Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2021). *Feasibility and acceptability of digital application-based delivery of mindfulness training*. American Psychological Association's Annual Convention. August 12-14, 2021; Virtual Conference.
25. *Boland, C. L., & **Jha, A. P.** (2021). *Promises and pitfalls of digital mindfulness-based interventions*. American Psychological Association's Annual Convention. August 12-14, 2021; Virtual Conference.
26. *Alessio C., Barry J., Zanesco A.P., Matusевич K., Rogers S.L., Denkova E., & **Jha A. P.** (2021). *Investigating train-the-trainer delivery of short-form mindfulness training by Human Resource professionals in a workplace setting*. International Conference on Mindfulness. July 5-8, 2021; Virtual Conference.
27. *Pooremaeil A., Denkova E., & **Jha A. P.** (2021). *Remember Me? Examining the Neurobehavioral Bases of Memory*. Annual Atlantic Coast Conference (ACC) of the Minds. April 9-10, 2021; Virtual Conference.
28. Mallick, A., Nieto, A., Parisi, A., Witkin, J. E., **Jha, A. P.**, & Banks, J. B. (2020). *Individual differences in the dynamic upregulation of cognitive control*. Poster to be presented at the Annual Meeting of the Psychonomic Society.
29. *Barry, J., Alessio, C., Rooks, J., Rogers, S. L., **Jha, A. P.**, & Denkova, E. (2020). The Power of Distancing during a Pandemic: Greater Decentering Protects Against the Deleterious Effects of COVID19-related Intrusive Thoughts on Psychological Health in Older Adults. Poster to be presented at: The Mind & Life 2020 Contemplative Research Conference; 2020 Nov 5-8; Online.
30. *Alessio, C., Barry, J., Zanesco, A. P., Denkova, E., Rogers, S. L., Matusевич, K., & **Jha, A. P.** (2020). *Leading Mindfully: Examining the effects of short-form mindfulness training on leaders' attention, wellbeing, and workplace satisfaction*. Poster to be presented at: The Mind & Life 2020 Contemplative Research Conference; 2020 Nov 5-8; Online.
31. *Zanesco, A. P., Denkova, E., & **Jha, A. P.** (2020, May). *Self-reported Mind Wandering Differentiates Pre-stimulus EEG Microstate Dynamics*. Poster to be presented at the online meeting of the Cognitive Neuroscience Society.

32. *Witkin, J. E., Denkova E., Zanesco A. P., & **Jha A. P.** (2019, May). *Self-Reported PTSD Symptoms are Associated with Task Performance in a Delayed-Recognition Working Memory Task with Affective Distracters in a Military Cohort*. Poster presented at Social & Affective Neuroscience Society Meeting, Miami, Florida.
33. *Zanesco A. P., Witkin J. E., Morrison A. B., Denkova E., & **Jha A. P.** (2019, May). *Memory load, distracter interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan*. Poster presented at Social & Affective Neuroscience Society Meeting, Miami, Florida.
34. *Denkova, E., Nomi, J. S., Gopal., S. V., Uddin, L. Q., & **Jha, A. P.** (2018, March). *In Search of Mind Wandering: Dynamic Functional Connectivity during Rest and Task*. Poster presented at the annual Cognitive Neuroscience Society Meeting, San Francisco, California.
35. *Denkova, E., Zanesco, A. P., Witkin, J. E., Slavin, L. E., Rogers, S. L. & **Jha, A. P.** (2018, November). *The Impact of Mindfulness Training and At-home Practice on Attentional Performance in Firefighters*. Presentation at the International Symposium for Contemplative Research, Phoenix, Arizona.
36. *Slavin, L. E., Denkova, E., Zanesco, A. P., Raja, N., & **Jha A. P.** (2018, November). *A Comparison of Two Cognitive Training Smartphone Applications on Working Memory and Mind Wandering over the Academic Semester*. Poster presented at the International Symposium for Contemplative Research, Phoenix, Arizona.
37. *Witkin, J. E., Zanesco, A. P., Denkova, E., Carpenter, J., & **Jha, A. P.** (2018, November). *Mindfulness Training Influences Sustained Attention: Attentional Benefits as a Function of Training Intensity*. Poster presented at the International Symposium for Contemplative Research, Phoenix, Arizona.
38. *Zanesco, A. P., Witkin, J. E., Denkova, E., Chichester, K., Gonzales, S., Rogers, S. L., & **Jha, A. P.** (2018, November). *Mindfulness-Based Attention Training (MBAT) in Active Duty Military Cohorts: A Meta-analysis of Protective Effects on Sustained Attention and Working Memory*. Poster presented at the International Symposium for Contemplative Research, Phoenix, Arizona.
39. *Paz, A., & **Jha, A. P.** (2017, April). *Investigating the Impact of Two Cognitive Training Smartphone Applications on Working Memory Performance*. Poster presented at the annual University of Miami Undergraduate Research, Creativity, and Innovation Forum. Coral Gables, Florida.
40. *Feldman, S., & **Jha, A. P.** (2017, April). *Efficacy of Smartphone-Based Mindfulness Training in Improving Attention and Psychological Well-Being in Undergraduate Students*. Poster presented at the annual University of Miami Undergraduate Research, Creativity, and Innovation Forum. Coral Gables, Florida.
41. *Homed, E., & **Jha, A. P.** (2017, April). *Dynamic Adjustments and Emotional Arousal on Working Memory Performance*. Poster presented at the annual University of Miami Undergraduate Research, Creativity, and Innovation Forum. Coral Gables, Florida.
42. *Zayan, K., & **Jha, A. P.** (2017, April). *The Effects of Sustained Attention and Mind Wandering on Neural Processing of Faces: An ERP Study*. Poster presented at the annual University of Miami Undergraduate Research, Creativity, and Innovation Forum. Coral Gables, Florida.
43. *Hanchate, S., & **Jha, A. P.** (2017, April). *Negativity Bias and Working Memory Performance in Healthy Individuals*. Poster presented at the annual University of Miami Undergraduate Research, Creativity, and Innovation Forum. Coral Gables, Florida.
44. *Denkova, E., Brudner, E. G., Zayan, K., Dunn, J., & **Jha, A. P.** (2017, November). *Face Processing is Attenuated during Mind Wandering: An ERP Investigation*. Poster presented at the annual Society for Neuroscience meeting. Washington, DC.

45. *Morrison, A. B., Witkin, J. E., **Jha, A. P.** (2017, November) *Dynamic Adjustments in Working Memory in the Face of Affective Distraction*. Poster presented at the annual Psychonomic Society Annual Meeting.
46. *Brudner, E. G., Ramos, N., Morrison, A. B., Cullen, M., & **Jha, A. P.** (2016, November). *The Influence of Training Program Duration on Cognitive Psychological Benefits of Mindfulness and Compassion Training in Military Spouses*. Poster presented at the annual International Symposium for Contemplative Studies meeting. San Diego, California.
47. *Witkin, J. E., Morrison, A. B., Stanley, E., & **Jha, A. P.** (2016, November). *Short-form Practice-focused Mindfulness Training Provides Prophylaxis from Working Memory Degradation in High-Stress Cohorts*. Poster presented at the annual International Symposium for Contemplative Studies meeting. San Diego, California.
48. *Krimsky, M. & **Jha, A. P.** (2016, November). *The Relationship Between Mind Wandering and Working Memory*. Poster presented at the annual International Symposium for Contemplative Studies meeting. San Diego, California.
49. *Ramos, N., Morrison, A. B., Rogers, S. L., & **Jha, A. P.** (2016, November). *The Influence of Train-the-Trainer Delivery of Short-form Mindfulness Training on Sustained Attention in High-Stress Cohorts*. Poster presented at the annual International Symposium for Contemplative Studies meeting. San Diego, California.
50. *Denkova, E., *Krimsky, M., *Morrison, A. B., & **Jha, A. P.** (2016, November). *The Role of Confidence in Self-Reported Mind Wandering and Task Engagement: an fMRI Investigation*. Poster presented at the annual Society for Neuroscience meeting. San Diego, California.
51. *Krimsky, M., Denkova, E., & **Jha, A. P.** (2016, July). *The Influence of Cognitive and Affective Factors on Mind Wandering*. Poster presented at the 31st International Congress of Psychology meeting. Yokohama, Japan.
52. *Brudner, E. G., Paczynski, M., & **Jha, A. P.** (2016, April). *Expectation and Individual Differences in Emotion Regulation Moderate Neural Responses to Affective Stimuli*. Poster presented at the annual Cognitive Neuroscience Society meeting. New York, New York.
53. *MacKinnon, L. L., Goolsarran, M., Tang-Smith, E. T., Morrison, A. B., Rogers, S. L., & **Jha, A. P.** (2015, May). *The Role of Trainer Expertise on Train-the-Trainer Methods of Delivering Mindfulness Training to Active-Duty Military Cohorts*. Poster presented at the Association for Psychological Science Meeting. New York, New York.
54. *Krimsky, M., Morrison, A. B., & **Jha, A. P.** (2015, May). *Delayed-recognition Working Memory Task Performance is Influenced by Mnemonic Load and Self-Reported Mind Wandering*. Poster presented at the Association for Psychological Science Meeting. New York, New York.
55. *Goolsarran, M., Morrison, A. B., Cullen, M., Rosenbaum, E., & **Jha, A. P.** (2015, May). *Mindfulness Training Improves Attention and Perceived Stress in Military Spouses*. Poster presented at the Association for Psychological Science Meeting. New York, New York.
56. *Rooks, J., Morrison, A. B., Goolsarran, M., Rogers, S. L., & **Jha, A. P.** (2015). *Mindfulness Training Improves Attentional Performance in Elite College Athletes*. Poster presented at Cognitive Neuroscience Society Meeting, San Francisco, California.
57. *Rooks, J., & **Jha, A. P.** (2015, March). *Vulnerability to Cognitive Distractions is Greater in Those with High Depressive Symptoms and Reduced by Induced Positive Mood*. Poster presented at the annual Clinical & Translational Science Institute CaneSearch Research Symposium. Miami, Florida.
58. *Rooks, J., & **Jha, A. P.** (2015, April). *The Influence of Induced and Dispositional Positive Affect on Working Memory*. Poster presented at the Society for Affective Science Meeting, Bethesda, Maryland.

59. *Brudner, E. G., Paczynski, M., Osman, A., & **Jha, A. P.** (2015, April). *Expectation Plays a Role in Early and Late Neural Processing of Emotional Pictures*. Poster presented at the Atlantic Coast Conference Meeting of the Minds Undergraduate Research Conference. Raleigh, North Carolina.
60. *Morrison, A. B., Goolsarran, M., Tang-Smith, E. T., Rogers, S. L., & **Jha, A. P.** (2015, March). *Massed versus Spaced Delivery of Short-form Mindfulness Training*. Poster presented at the Clinical & Translational Science Institute CaneSearch Research Symposium. Miami, Florida.
61. *Tilak, A., Walter, L., Warn, S., Paczynski, M., & **Jha, A. P.** (2015, March). *An N250 Investigation of Working Memory Selectivity Under Stress*. Poster presented at the Clinical & Translational Science Institute CaneSearch Research Symposium. Miami, Florida.
62. *Morrison, A. B., Goolsarran, M., Tang-Smith, E. T., Rogers, S. L., & **Jha, A. P.** (2014, November). *Massed versus spaced delivery of short-form mindfulness training*. Poster presented at the Psychonomic Society Annual Meeting, Long Beach, California.
63. *Rooks, J., & **Jha, A. P.** (2014, April). *Vulnerability to cognitive distractions is greater in those with high depressive symptoms and reduced by induced positive mood*. Poster presented at the inaugural meeting of the Society for Affective Science, Bethesda, Maryland.
64. *Morrison, A. B., Parker, S. C., & **Jha, A. P.** (2014, April). *Dynamic adjustments of cognitive control in working memory during healthy aging*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, Boston, Massachusetts.
65. *Cameron, L., Morrison, A. B., Kounios, J., & **Jha, A. P.** (2014, April). *Mind wandering impairs textbook reading comprehension and retention*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, Boston, Massachusetts.
66. *Tilak, A., Walter, L., Warn, S., Paczynski, M., & **Jha, A. P.** (2014, April). *An N250 investigation of working memory selectivity under stress*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, Boston, Massachusetts.
67. *Burton, A. M., **Jha, A. P.**, & Paczynski, M. (2013, November). *Threat potentiates early visual processing but reduces attentional selectivity*. Poster presented at Society for Neuroscience, San Diego, California.
68. Rietschel, J. C., Hunt, C., Godwin, M. M., Dyke, F., **Jha, A. P.**, & Miller, M. W. (2013, June). *Dispositional mindfulness is positively related to the quality of motor performance*. Poster presented at the North American Society for Psychology of Sport and Physical Activity, New Orleans, Louisiana.
69. *Morrison, A. B., Goolsarran, M., Rogers, S. L. & **Jha, A. P.** (2013, June). *The impact of short-form mindfulness training on sustained and executive attention*. Poster presented at the Mind and Life Summer Research Institute, Garrison, New York.
70. ***Jha, A. P.**, Paczynski, M., & Baijal, S. (2013, April). *Independent influence of valence and predictability on task-dependent P3 modulation*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, San Francisco, California.
71. *Rostrup, N., Parker, S. C., & **Jha, A. P.** (2012, October). *The inter-relationship between working memory, resilience, and psychological health in high-stress military cohorts*. Poster presented at the Annual Meeting of the Society for Neuroscience, New Orleans, LA.
72. *Garcia, C. P., Rostrup, N., & **Jha, A. P.** (2012, October). *Dynamic adjustments in cognitive control during working memory tasks*. Poster presented at the Annual Meeting of the Society for Neuroscience, New Orleans, Louisiana.
73. Haimovitz, K., Carlson, B., Schonert-Reichl, K., **Jha, A. P.**, Wilensky, R., Cullen, M. M., Wallace, L., & Roeser, R. W. (2011, April). *Cultivating forgiveness and compassion through a mindfulness-based program for teachers: Results from two field interventions*. Poster presented

- at the Annual Meeting for the American Educational Research Association, New Orleans, Louisiana.
74. Roeser, R. W., Cullen, M. M., Schonert-Reichl, K., **Jha, A. P.**, Wilensky, R., Baynard, K. L., Taylor, C., & Crain, A. (2011, April). *Promoting stress reduction, rest and resilience through a mindfulness-based intervention for public school teachers*. Poster presented at the Biennial meeting of the Society for Research on Child Development, Montreal, Canada.
 75. *Hallion, L., & **Jha, A. P.** (2011, April). *Development of a novel executive control task to investigate cognitive control over worry*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, San Francisco, California.
 76. Roeser, R. W., Schonert-Reichl, K., Cullen, M. M., **Jha, A. P.**, Oberle, E., Thomson, K., Taylor, C., & Best, M. (2010, April). *Testing the efficacy and effectiveness of a mindfulness-based professional development program for teachers: A randomized waitlist control study*. Poster presented at the Annual Meeting of the American Educational Research Association, Denver, Colorado.
 77. Roeser, R. W., Cullen, M. M., Schonert-Reichl, K., & **Jha, A. P.** (2009, November). *Assessing the acceptability and feasibility of the SMART-in-Education program*. Paper presented at the Mindfulness in Education Conference, Park Day School, Oakland, California.
 78. *Kiyonaga, A., Wong, L. M., & **Jha, A. P.** (2009, April). *Examining the lifespan effects of "control adaptation" during working memory*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, San Francisco, California.
 79. **Jha, A. P.**, Baniqued, P., Sreenivasan K. K., & Wong, L. M. (March 2009). *Examining the neural effects of conflict adaptation during working memory*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society, San Francisco, California.
 80. *Sreenivasan, K. K., & **Jha, A. P.** (2008, November). *Positive emotional "distraction" protects against cognitive interference in working memory*. Poster presented at the Annual Meeting of the Society for Neuroscience, Washington, DC.
 81. *Rosen, Z. B., Baime, M. J., Ramsay J. R., Rostain, A., Sreenivasan, K. K., & **Jha, A. P.** (2008, November). *Mindfulness training improves working memory performance in adults with ADHD*. Poster presented at the Annual Meeting of the Society for Neuroscience, Washington, DC.
 82. *Fincher, K. M., & **Jha, A. P.** (2008, November) *Examining the attentional costs of self-focused attention*. Poster presented at the Cognitive Neuroscience Society, San Francisco, California.
 83. *Wong, L. M., van Vugt, M., Smallwood, J., Carpenter-Cohn, J., Baime, M., & **Jha, A. P.** (2008, April). *Mindfulness training reduces mind wandering during a sustained attention task*. Poster presented at the Cognitive Neuroscience Society, San Francisco, California.
 84. *Sreenivasan, K. K., Sambhara, D., Rosen, Z., & **Jha, A. P.** (2008, April). *The top-down influence of memory representations on face processing*. Poster presented at the Cognitive Neuroscience Society, San Francisco, California
 85. *Sreenivasan, K. K., Lustig, A., & **Jha, A. P.** (2007, November). *Attention to faces modulates feedforward perceptual processing under conditions of high perceptual load*. Poster presented at the Society for Neuroscience, San Diego, California.
 86. *Sreenivasan, K. K., Rosen Z. B., Spiegel D., van Vugt, M. K., & **Jha A. P.** (2007, April). *EEG oscillations during working memory maintenance vary with eventual task performance*. Poster presented at the Cognitive Neuroscience Society, New York, New York.
 87. *Hsu, A., & **Jha A. P.** (2007, November). *Featured in 2007 Society Press Book *Positive mood improves working memory*, Poster presented at the Society for Neuroscience, San Diego, California.

88. *Jayawikreme, E., **Jha, A. P.**, & Seligman, M. (2007). *The influence of positive affect on attention*. Poster presented at the American Psychological Society, New York, New York.
89. *Lustig, A., & **Jha, A. P.** (2006, April). *Examination of the N170 to delay-spanning noise masks during face working memory: An ERP study*. Poster presented at the Cognitive Neuroscience Society Meeting, San Francisco, California.
90. *Lustig, A., Tsai, S., Shah, G., Kropminger, J., & **Jha, A. P.** (2005, April). *The role of selective attention in mindfulness*. Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
91. **Jha, A. P.**, Bylsma, L., Fabian, S. A., Soloman, P. E., Prkachin, K. M., & Botvinik, M. (2005, April). *Viewing facial expressions of pain engages cortical areas involved in the direct experience of pain*. Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
92. Prabhakaran, R., Hirshhorn, E., **Jha, A. P.**, & Thompson-Schill, S. L. (2005, April). *An event-related fMRI investigation of proactive interference resolution in a nonverbal working memory task*. Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
93. *Sreenivasan, K., Tsai, S., Katz, J., Kropminger, J., & **Jha, A. P.** (2005, April). *Attentional modulations during nonspatial working memory: An ERP study of the N170 component*. Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
94. Brandon, M., Hirshhorn, E., **Jha, A. P.**, & Thompson-Schill S. L. (2004, April). *Proactive interference resolution during nonverbal working memory: Evidence for domain-general processing in LIFG*. Poster presented at the Cognitive Neuroscience Society Annual Meeting, San Francisco, California.
95. **Jha, A. P.**, Fabian, S. A., & Wencil, E. (2004, October). *The role of prefrontal cortex in distractor interference*. Poster presented at the Society for Neuroscience Meeting, San Diego, California.
96. *Wencil, E., & **Jha, A. P.** (2003, April). *Faces are not always special!* Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
97. **Jha, A. P.**, Ranucci, M., & Giuliani, N. (2003, April). *Mnemonic and response functions of prefrontal cortex*. Poster presented at the Cognitive Neuroscience Society Meeting, New York, New York.
98. **Jha, A. P.**, Rauch, S., & Scheinker, D. (2003, November). *Low- versus high feature discriminability results in greater attentional facilitation to faces*. Poster presented at the Psychonomic Society 44th Annual Meeting, Vancouver, Canada.
99. Brandon, M. N., **Jha, A. P.**, Trueswell, J. C., Barde, L. H. F., & Thompson-Schill, S. L. (2003, November). *Proactive interference in verbal and non-verbal working memory*. Poster presented at the Psychonomic Society 44th Annual Meeting, Vancouver, Canada.

VI. PROFESSIONAL ACTIVITIES

A. Funded Grants (nonexhaustive, since 2006)

Grants and Contracts (Active)

Federal Active

2019-2025 US Army (USAMRMC) US Department of Defense
Mindfulness-based Attention Training to Bolster Small Team Performance
(\$2.318M, 3 years, P.I.: **Jha, A. P.**)

- 2020-2025 Walter Reed Army Institute of Research (WRAIR)
Mindfulness Training for Senior Army Leaders
 Subcontract Proposal submitted as part of the invited full proposal submission by WRAIR in response to a research request by the US Army War College (\$1.46M, 4 years, Subcontract **P.I., Jha, A.P.**)
- TBD DOD, USAMRAA Funding Opportunity, HT9425-23-S-SOC1
Mindfulness-Based Cognitive Enhancement Training: Examining Train-the-Trainer Delivery of MBAT in Special Operations Forces
 Funded, contracting in progress
 (\$2.93M; 4 years; P.I.: **Jha, A. P.**) AWARD NOTICE RECEIVED September 2024

Federal Contract Submitted:

- 2025-2028 Walter Reed Army Institute of Research (WRAIR)
Mindfulness-based Attention Training for Armor Crews
 Subcontract Proposal submitted
 (\$2.58M, 3 years, Subcontract P.I., **Jha, A.P.**)

Foundation

- 2024-2027 Unlikely Collaborators
Strengthening Wellness and Resilience with Peer-supported Mindfulness Coaching
 (\$750K, PI, **Jha, A.P.**)
- 2022-2025 Unlikely Collaborators Research Fund
Strengthening Cognitive Resilience in High-Demand Cohorts with Mindfulness Training
 (\$160K, Co-PI., **Jha, A.P.**)
- 2023-2025 Mind and Life Institute, Varela Research Award
Protecting College Students' Well-being with Mindfulness-Infused Dance Movement Therapy
 (\$25K, P.I., Price, Malena., Project Mentor: **Jha, A. P.**)
- 2023-2025 Bono Family Foundation
Mindfulness-based Attention Training in Support of the Ukrainian Military
 (\$25K, PI, **Jha, A.P.**)
- 2020-2024 Mind and Life Institute, Varela Research Award
Neurophenomenology of felt experience at rest: brain microstate dynamics and their association with spontaneous thought (\$20K, P.I., Zanesco, A., Project Mentor: **Jha, A. P.**)
- 2020-2024 Mind and Life Institute, Varela Research Award
Assessing dynamic brain connectivity patterns and the phenomenology of autobiographical remembering as a function of specificity and perspective taking manipulations
 (\$20K, P.I: Denkova, E., Project Mentor: **Jha, A. P.**)

Grants (Concluded)Federal

- 2020-2024 US Army (USAMRAA) US Department of Defense
Mindfulness Training in Special Operations Forces Candidates
(\$1.097M, 3 years, P.I.: **Jha, A. P.**)
- 2017-2020 Science Applications International Corporation
in collaboration with the US Army Research Transition Office, “Mindfulness
Implementation Contract”
(\$245K, 3 years, P.I.: **Jha, A.P.**)
- 2014-2020 US Army (USAMRMC) US Department of Defense
Investigating Resilience Training in Military Spouses
(\$1.25M, 5 years, P.I.: **Jha, A. P.**)
- 2016-2018 Henry Jackson Foundation, USSOCOM
Mindfulness Training in Special Operation Forces
(\$300K, 2 years, P.I.: **Jha, A. P.**)
- 2012-2018 US Army (USAMRMC) US Department of Defense
Investigating Train-the-Trainer Delivery of Mindfulness-Based Training
(\$1.037M, 4 years, P.I.: **Jha, A. P.**)
- 2011-2017 US Army (USAMRMC) US Department of Defense
Titration Optimal Delivery of Mindfulness-Based Training Interventions
(\$920K, 3 Years, P.I.: **Jha, A. P.**)
- 2011-2017 US Army (USAMRMC) US Department of Defense
Neurobehavioral Effects of Resilience Training Over the Deployment Cycle
(\$1.72M, 4 Years, P.I.: **Jha, A. P.**)
- 2010-2014 US Army (USAMRMC) US Department of Defense
Optimizing Delivery of Mindfulness-Based Military Training Interventions in
Army Infantry Cohorts
(\$1M, 3 years, P.I.: **Jha, A. P.**)
- 2009-2014 US Army (USAMRMC) US Department of Defense
Neurobehavioral Effects of Battlemind vs. Mindfulness-based Military Training
in Army Infantry Platoons
(\$1M, 4 years, P.I.: **Jha, A. P.**)
- 2008-2011 US Department of Defense - Center for Excellence
Building Neurocognitive Resilience with Mindfulness Training in Soldiers
(\$63K, 3 years, P.I.: **Jha, A. P.**)
- 2006-2009 National Institutes of Health-NCCAM (R21)
Neural Effects of Mindfulness Training on Attention
(\$250K, 3 years, P.I.: **Jha, A. P.**)

Foundation/University

- 2020-2021 Mind and Life Institute, Think Tank Grant
Establishing an International Society for Contemplative Research
(\$15K, Co-I, **Jha, A.P.**)
University of Miami: Office of the Vice Provost for Research (OVPR)

- 2020 Investigating the Protective Effects of Mindfulness Training in Older Adults during the COVID-19 Pandemic
(\$29K, Investigators: Denkova, E., Rogers, S.L., & **Jha, A. P.**)
- 2013-2016 Seleni Institute
Mindfulness Training in Military Families
(\$50K, 3 years, P.I.: **Jha, A. P.**)
- 2012-2015 1440 Foundation
Promoting Well-Being in Military Families with Mindfulness Training: The SMART Spouses Project
(\$50K, 3 years, P.I.: **Jha, A. P.**)
- 2012 University of Miami, Flipse Faculty Research Award
The Cognitive Neuroscience of Resilience: Examining the Neural Correlates of Attentional Saliency
(\$2K, P.I.: **Jha, A. P.**)
- 2011 University of Miami, Provost Research Award
Neurobehavioral Effects of Mindful Eating in University Student Cohorts
(\$17K, P.I.: **Jha, A. P.**)
- 2011 Fetzer Institute
Mindfulness Research Working Group –Scientific Conference Funds
(\$25K, P.I.: **Jha, A. P.**)
- 2009-2011 Baumann Institute
The Impact of Guided Awareness Instructions on Attention
(\$37K, P.I.: **Jha, A. P.**)
- 2009 Emory University
Contemplative Practices for Persons with Early-Stage Dementia and their Family Care Partners: Fostering Well-Being and Connectedness
(Consultant: **Jha, A. P.**; P.I.: Bauer-Wu, S.)
- 2008-2009 University of Pennsylvania Cancer Center
“Investigating the Protective Potential of Meditation Training on Known Cognitive Decline during Cancer Treatment”
(\$90K, Co-P.I.: **Jha, A. P.**, Co-P.I.: Newberg, A.)
- 2008-2009 Mind and Life Varela Research Award
The Influence of Mindfulness Training in Patients with ADHD
(\$15K, Project Mentor: **Jha, A. P.**)
- 2008-2009 John W. Kluge Foundation
Attentional Improvements with Mindfulness Training
(\$50K, P.I.: **Jha, A. P.**)
- 2008-2009 Mind and Life Institute
“Stability of Meta-Awareness and Attention in Students”
(\$50K, P.I.: **Jha, A. P.**)
- 2008-2009 Hershey Foundation
“Mutability of Working Memory and Attention in Teachers”
(\$15K, P.I.: **Jha, A. P.**)
- 2007-2008 Kessler Foundation
“Neurocognitive Effects of Attention Training with Mindfulness Meditation”
(\$17K, P.I.: **Jha, A. P.**)

B. Editorial Responsibilities

- 2015 to present *Frontiers for Young Minds, Understanding Neuroscience* –Review Editor
- 2012 to present *Frontiers in Human Neuroscience* –Review Editor
- 2018 to 2023 Book Series in Contemplative Studies (4-6 books anticipated),
State University of New York Press
Role: Co-Editor
- 2011-2017 *Journal of Experimental Psychology: General* – Consulting Editor
- 2012-2013 *Frontiers in Human Neuroscience* – Guest Associate Editor for Special Issue
Mechanisms of Mindfulness
- 2009 *Emotion* – Action Co-Editor (with Dr. Zindel Segal and Adam Anderson) Special
Issue on Mindfulness Meditation and Emotion Regulation

Ad-Hoc Reviewer

Cognition, Cognitive Affective and Behavioral Neuroscience, Cognitive Brain Research, Consciousness and Cognition, Cerebral Cortex, Journal of Cognitive Neuroscience, Journal of Clinical and Experimental Neuropsychology, Journal of Cognitive Enhancement, Journal of Consulting and Clinical Psychology, Journal of Contingencies and Crisis Management, Journal of Experimental Psychology: General, Journal of Neuroscience, Mindfulness, National Science Foundation, Nature, Neuroimage, Neuroscience Letters, Perception and Psychophysics, PLOSOne, Progress in Brain Research, Psychological Science, Psychophysiology

C. Professional Organizations

- Association for Psychological Science (Member)
- Cognitive Neuroscience Society (Active Member)
- Society for Neuroscience (Active Member)
- Mind and Life Institute (Fellow)
- American Psychological Association (Member)

D. Other Professional Activities**1. Presentations**2025

1. February, Invited Conversation, CyberSangha (Virtual), Discussion with Dr. Alejandro Chaoul and Tenzin Wangal Rinpoche (virtual)
2. February, Invited Presentation, Glenbard Parent Series, fireside chat with Dr. Kim Schonert-Reichl (virtual)
3. March, Invited Keynote, UC Davis, Women in Philanthropy Event (Davis, CA)
4. March, Invited Presentation, Breathworks, UK, dialogue with Vidyamala Burch (virtual)
5. March, Invited Keynote, University of Miami Women's Commission Annual Meeting (Coral Gables, FL)
6. April, Invited Conversation, Monash University, Centre for Consciousness and Contemplative Studies (Melbourne, Australia)
7. April, Invited Mindfulness Practice, Maria Shriver Book Launch Event (Coral Gables, FL)
8. April, Invited Keynote, University of Colorado, Boulder, Renée Crown Wellness Institute (Boulder, CO)
9. April, Invited Keynote, Federal Bar Association (virtual)
10. (Planned) May, Invited Keynote, NACCDO-PAMN Annual Conference (Miami, FL)
11. (Planned) May, Invited Colloquium Lecture, Applied Physics Lab, Johns Hopkins University (virtual)

12. (Planned) May, Invited Panel Presentation, Elevate Prize Foundation Annual Summit (Miami, FL)
13. (Planned) May, Invited conversation, United Kingdom Ministry of Defence (London, UK)
14. (Planned) June, Invited Presentation, Danish Center for Mindfulness (Copenhagen, DK)
15. (Planned) June, Invited Keynote, Atlantic Coast Conference (ACC) Academic Leaders Meeting (Coral Gables, FL)
16. (Planned) July, Invited Presentation, Point32Health (virtual)
17. (Planned) August, Invited Presentation, —10th Circuit Judges Conference (Santa Fe, NM)

Podcasts of Note:

- 18 We can do Hard Things (planned release, May 2025)
19. Metta Hour Podcast with Sharon Salzberg (planned release, June 2025)

2024

1. February, Invited Keynote, Learning & the Brain Conference on "Teaching Engaged Brains: The Science of Student Attention, Focus, Motivation, and Metacognition" (San Francisco, CA)
2. March, Invited Presentation, SXSW, (Austin, TX)
3. March, Invited Keynote, New College of Florida (Sarasota, FL)
4. April, Invited Keynote, Chilean Air Force (Santiago, Chile)
5. May, Invited Keynote, Idaho Dept of Transportation, Office of Highway Safety (Boise, ID)
6. May, Invited Keynote, Point32 Health, (Greater Boston Area, MA)
7. May, Invited Keynote, Cleary Gottlieb Steen & Hamilton LLP (virtual event)
8. June, Invited Keynote, Ministry of Internal Affairs, Ukraine (virtual event)
9. July, Invited Keynote, Miami Country Day School, Cntr for Transformative Teaching & Learning (Miami, FL)
10. September, Invited Keynote, US SOCOM (Washington DC)
11. October, Invited Keynote, (Redacted) Federal Agency, (Northern Virginia)
12. October, Invited Conversation jointly with LTG Izaguirre, Becoming Jackson Whole Summit (Jackson, WY)
13. November, Invited Keynote, Wisconsin National Guard (Madison, WI)
14. November, Invited Conversation jointly with LTG (R) Edward Cardon, US Military Academy West Point (West Point, NY)
15. December, Invited Conversation jointly with LTG (R) Walter Piatt, Florida International University (Miami, FL)

Invited/Requested Military, Military-Affiliated, and Federal Briefings

16. January, Senior Leader Development Seminar, US Army War College (Washington, D.C)
17. April, LTG Telita Crosland, US Defense Health Agency (site visit to the University of Miami)
18. May, US Army Director of the Army Staff, LTG Laura Potter, Pentagon (Washington, D.C)
19. May, US Secretary of the Navy, Honorable Carlos Del Toro (site visit to the Univ. of Miami)
20. May, US Department of Homeland Security (site visit to the Univ. of Miami)
21. June, U.S. Office of Personnel Management, HR Solutions/Federal Executive Institute (site visit to the Univ. of Miami)
22. July, LTG Telita Crosland, US Defense Health Agency (DHA HQ, Falls Church, VA)
23. October, Singapore Air Force (site visit to the University of Miami)
24. November, Wounded Warrior Project (site visit to the University of Miami)
25. November, United Kingdom, Ministry of Defence, Mindfulness in Defence Symposium with LTG Izaguirre (Virtual)

Select Podcast interviews:

26. May, *From the Green Notebook*
27. July, [Waking Up](#) with Sam Harris
28. Aug, [This is Your Brain On](#) with The BrainDocs
29. November, Men Talking Mindfulness, jointly with LTG (R) Walter Piatt

2023

1. January, Invited Conversation, (Redacted) Federal Agency, (Northern Virginia)
2. January, Invited Keynote, UC Riverside School of Medicine (Virtual)
3. January, Invited Keynote, US Bank, Phoenix Arizona
4. January, Invited Conference Lecture, UC Davis (Davis, CA)
5. January, Invited Keynote, Uniformed Services University (Bethesda, MD)
6. January, Invited Conversation, CyberSangha (Virtual)

7. March, Invited Keynote, Houston Methodist Hospital Emergency Medicine Conference (Virtual)
8. March, Invited Fireside Chat, Morgan Stanley (New York, NY)
9. March, Invited Conversation, Living an Authentic Life Summit (Virtual)
10. April, Invited Keynote, Clinicians in Support of Ukrainian Military (Virtual)
11. April, Invited Workshop, Florida Association of Nursing Deans (Orlando, FL)
12. April, Invited Conversation, UMiami Undergraduate Residential Hall (Coral Gables, FL)
13. April, Invited Keynote, Mental Health and Well-being Summit (Virtual)
14. April, Invited Conversation, Awakin Call
15. May, Invited Speech, University of Miami Graduate Commencement (Coral Gables, FL)
16. May, Invited Keynote, Point32 Health, Greater Boston Area, MA
17. May, Invited Keynote Canadian Women in Medicine Association Annual Meeting
18. June, Invited Keynote, CRIM Fitness Foundation (Flint, MI)
19. June, Invited Conversation, McLaren Healthcare Leadership Meeting (Flint, MI)
20. July, Invited Keynote, SIY Global Conference, (Lisbon, Portugal)
21. August, Invited Keynote, Wisconsin National Guard Masterclass (Virtual)
22. August, Invited Keynote, University of Miami Advancement Retreat (Virtual)
23. September, Invited Plenary Lecture, Tiny Blue Dot Foundation (Los Angeles, CA)
24. October, Invited Moderator, M4 Meeting (Washington University, St. Louis, MO)
25. October, Invited Conversation with LTG Walter Piatt, (Redacted) Federal Agency, (Northern Virginia)

Invited Military Briefings

26. February, Senior Leader Development Seminar, US Army War College (Washington, D.C)
27. March, Nominative Leader Course, US Army War College (Virtual)
28. June, Invited Keynote, Fort Stewart Leadership Summit (Hinesville, GA)
29. July, Nominative Leader Course, US Army War College (Virtual)
30. October, Nominative Leader Course, US Army War College (Virtual)
31. October, US Pentagon, Leader Roundtable hosted by Acting Vice Chief of Staff of the US Army
32. December, Invited Keynote, 10th Army and Air Missile Defense Command

Selected Long-form Podcasts and Bookclubs

33. July: Big Think, Virtual Book Club

2022

1. January 2022, Invited Keynote, Annual meeting of the Society of Neurosports, Miami, FL
2. February 2022, Invited keynote by the US Department of Homeland Security. Miami. FL.
3. February 2022, Invited Seminar, Center for Mindfulness, Univ of Southern California
4. February 2022, Invited Conversation, Naropa University
5. March 2022, Invited Conversation, Union League, Philadelphia, PA
6. April 2022, Invited keynote, National Oceanic and Atmospheric Administration (NOAA).
7. April 2022, Invited speaker, MHP Ukrainian Agricultural Company (Hosted by SIYLI, Virtual)
8. April 2022, Invited speaker, Lexmark, Miami, FL
9. May 2022, Invited speaker, Adrienne Arsht-Rockefeller Forum on Global Resilience, Miami, FL
10. June 2022, Invited keynote, US Forest Service.
11. June 2022, Invited Conversation, University City Science Center, Philadelphia, PA
12. June 2022, Invited Keynote, Yale University Health System
13. August 2022, Invited Speaker, Conference for Shipping Pilots, New Orleans, LA
14. September 2022, Invited Keynote, Suntrust
15. September 2022, Invited Keynote, Center for Mind and Brain, University of California-Davis
16. October 2022, Invited speaker, US Representative at the UK Parliament, Symposium on Mindfulness in Defence.(Virtual)
17. November 2022, Invited keynote by the National Congress of State Legislatures.
18. November 2022, Invited Speaker, Texas Women's Conference (Virtual)
19. December 2022, Invited Speaker, Silicon Valley Bank (Virtual)

Invited Military Briefings

20. April 2022, Invited conversation with Mrs. Maria McConville (Spouse of the US Army Chief of Staff GEN McConville) at a conference for US Military Joint Generals and Spouses Conference. Tampa, FL.
21. May 2022, Senior Leader Development Seminar, US Army War College (Washington, D.C)
22. July 2022, Nominative Leader Course, US Army War College (Virtual)
23. August 2022, US Space Force (Virtual)
24. September 2022, Senior Leader Development Seminar, US Army War College (Washington, D.C)
25. October 2022, Nominative Leader Course, US Army War College (Virtual)

Select Long-format Podcasts Interviews

26. [Brene Brown, Dare to Lead](#)
27. [David Asprey, The Human Upgrade](#)
28. [Resilience at Google](#)
29. [Sports Illustrated: Losing Control](#)
30. [Kwik Brain](#)

2021

1. January 2021, Colloquium Speaker, National Singapore University (Remote)
2. January 2021, Joint Seminar with Richard Davidson, Jon Kabat-Zinn, NY Academy of Sciences,
3. February 2021, Invited Speaker, GitHub (Remote)
4. April 2021, Invited speaker, We Work (Remote)
5. April 2021, Invited co-presenter with Jon Kabat-Zinn and Barbara Bogatin, Inspiring Minds Series, Mind and Life Institute (Remote)
6. April 2021, Invited speaker with Dr. Dorothy Fontaine, Annual Meeting of the American Association of Critical Care Nurses (Remote)
7. April 2021, Invited speaker, WorkHuman Annual Meeting (Remote)
8. April 2021, Invited speaker with LTG(Retired) Eric Schoomaker, Mindfulness for Healthcare summit, Mindful.org (Remote)
9. April 2021, Invited speaker, Pinecrest Business Association (Remote)
10. May 2021, Invited speaker, Never Alone Summit (Remote)
11. May 2021, Invited speaker, Transform Your Health Summit, The Shift Network (Remote)
12. May 2021, Invited speaker, Company-wide Wellness Briefing, Harper Collins Publishers (Remote)
13. June 2021, Invited Keynote, Southern District of Florida, Summer Internship Program Orientation (Remote)
14. June 2021, Invited discussant, Well-being Project by the Skoal Foundation (Remote)
15. August 2021, Invited Keynote, Mindfulness Matters Initiative, Jupiter Medical Center (Remote)
16. October 2021, Invited Keynote, Annual Meeting of the Association of Applied Sport and Psychology (Remote)
17. October 2021, Invited Keynote, The Dalai Lama Global Vision Summit: The Power of Compassion (Remote)
18. October 2021, Invited Keynote, Brain Train Symposium, Palm Health Foundation (Remote)
19. December 2021, Invited Keynote, CHART Institute of Pennsylvania (Remote)

Invited Military Briefings

20. June 2021, Invited Keynote, Commander's Conference, Briefing for top leadership of US ARMY, TRADOC (Remote)
21. September 2021, Invited Keynote, MINDS Symposium, UK MOD (Remote)

Select Long-format Podcasts Interviews

Note: 45+ podcasts, TV, and national and international radio interviews have been given in 2021 tied to the launch of *Peak Mind*.

22. [Sharon Salzberg's Metta Hour](#)
23. [10% Happier Podcast with Dan Harris](#)
24. [Joe Rogan Experience \(video excerpt views 2.6+million\)](#)
25. [Armchair Expert with Dax Sheppard and Monica Padman](#)
26. [Under the Skin with Russell Brand](#)
27. [IdeaCast Harvard Business Review](#)

2020

1. January 2020, Invited webinar, Jackson Whole Mindfulness Training Conference, Jackson, WY
2. January-March 2020, Invited presentations with Scott Rogers, Office of President Julio Frenk, University of Miami, Coral Gables, FL
3. March 2020, Invited Keynote by Director LTG Hokanson, US Army National Guard, VA
4. May 2020, Invited Panel Discussion with Congressman Tim Ryan, LTG Walter Piatt on Mindfulness and COVID-19, Mindful.org (Remote)
5. May 2020, Invited Panel Discussion on Mindfulness, University of Oxford, Oxford Union Society (Remote)
6. May 2020, Invited Interview and Research Discussion, Search Inside Yourself Leadership Institute (Remote)
7. May 2020, Invited Interview and Research Discussion, Mind and Life Institute Podcast (Remote)
8. June 2020, Invited Keynote, Southern District of Florida, Summer Internship Program Orientation (Remote)
9. June 2020, Invited Presentation, Time Magazine, Health Talks (with Goldie Hawn, Remote)
10. September 2020, University of Oxford, Center for Mindfulness, Keynote Session (Remote)
11. September 2020, MIT, Sloan Business School, Interview for Neuroscience of Leadership by Tara Swart, Executive Education Course (Remote)
12. September 2020, Linked-In and Sounds True, Inner MBA Symposium, Lecture on Science of Mindfulness (Remote)
13. October 2020, US Army, Office of the Surgeon General, invited presentation and discussion (Remote)
14. October 2020, Dalai Lama Global Vision Summit, Keynote Lecture (Remote)
15. November 2020, University of Miami Alumni Assoc Event, invited interview with Amishi Jha and Scott Rogers (Remote)
16. November 2020, University of Miami, Invited Speaker, Miami Mindfulness Student Group Retreat (Remote)
17. December 2020, UC Davis Alumni Association, Campus Community Book Project, Keynote Speaker (Remote)
18. December 2020, Invited lecture and practice session with Scott Rogers, Nominative Leader Course, Army War College, Carlisle Barracks, PA (Remote)
19. December 2020, Talks@Google series, invited panel discussion at Google Headquarters, with LTG(R) Eric Schoemaker, Mountain View, CA (Remote)
20. December 2020 (planned), Science of Mindfulness, invited keynote, Becoming Jackson Whole Foundation, Jackson, WY (Remote)
21. December 2020 (planned), Invited discussion, Esalen Institute, Big Sur, CA (Remote)
22. December 2020 (planned), Invited discussion, Walking on Earth x Thrive Global

2019

1. January 2019, Invited Keynote, US Forest Service. Mindfulness, Compassion, and Inclusivity Summit, 1440 Multiversity, CA
2. March 2019, Invited Lecture for Workshop: From Mind-wandering to Mindfulness: The Role of Attention and Awareness. National Institutes of Health, Bethesda, MD
3. March 2019, Invited Keynote, Jupiter Medical Center, Jupiter, FL
4. April 2019, Invited Lecture, British Army, Hereford, UK
5. **April 2019, Invited Keynote, Evidence-based Leader Interventions for Health and Well-being, Human Factors and Medicine Panel, NATO. Berlin, Germany**
6. June 2019, Invited Lecture, Becoming Jackson Whole Summit, Jackson Hole, Wyoming
7. June 2019, Invited Keynote, Mindful Leadership in Higher Ed Summit, New York University, NYC, NY
8. **July 2019, Invited Speaker. International Health Days, NATO Joint Multinational Headquarters. Ulm, Germany**
9. August 2019, Invited Keynote (via video). Mindfulness and Resiliency Summit, US Forest Service, USDA, Washington, D.C.
10. August 2019, Invited Lecture and Workshop Leader. Esalen Institute, CA
11. August 2019, Invited Lecture, US Army War College, Carlisle, PA
12. October 2019, Invited Webinar, [Mindful Education Summit](#)
13. **October 2019, Invited Lecture, US Department of State, Washington, D.C**
14. **October 2019, Invited Lecture by US Army Director of Army Staff, Pentagon, Washington, D.C**
15. November 2019, Invited Lecture, United States Southern Command, Doral, FL
16. November 2019, Requested Briefing by GEN Paul Funk, US Army TRADOC Commander, Univ of Miami, Coral Gables, FL

Select Presentations Prior to 2018

1. January 2018, Briefing provided to LTG Cardon and LTG Cheek regarding General Officer Wellness, US Pentagon
2. February 2018, Briefing provided regarding mindfulness training in general officers to MG Kem, Commandant of the US Army War College
3. February 2018, Briefing provided regarding partnership project with Walter Reed Army Institute of Research to MG Clark, Commanding General of Schoefield Barracks, Oahu, Hawaii
4. March 2018, Briefing provided regarding mindfulness training in military cohorts to Commissioner AK Singh, Commissioner of Policing Ahmedabad, India
5. June 2018, Briefing provided regarding mindfulness training in military cohorts to LTG Silveria, US Air Force Academy, Denver, CO
6. July 2018, Briefing provided regarding US Special Operations Forces Project, LTC Thomas, USAJFKSWSC, Fort Bragg, NC
7. September 2018, Briefing provided to 1st, 2nd, and 3rd Brigade Leadership regarding Spouse MBAT Research Study, Fort Drum, NY
8. September 2018, Guest Lecturer, Strategic Leadership Seminar, US Army War College, Carlisle, PA
9. October 2018, Briefing provided regarding mindfulness training in military cohorts to LTG Nugee, UK Ministry of Defense Chief of Defense, People, London, UK
10. October 2018, Briefing provided regarding mindfulness training in military cohorts to UK College of Policing, London, UK
11. January 2018, Invited Keynote, National Academies of Sciences, Engineering, and Medicine Committee on Health Threats and Workforce Resilience Symposium. Washington, D.C.
12. January 2018, Invited Keynote Speaker, Palm Healthcare Foundation Train-the-Brain Summit. Palm Beach, FL.
13. February 2018, Invited Speaker, Baptist Health South Florida. Miami, Florida.
14. March 2018, Invited Speaker, Mind and Life Institute Meeting with the Dalai Lama. Dharamsala, India.
15. March 2018, Invited Speaker, Hetal Yoga Studio, Improving Your Focus with Mindfulness Meditation
15. April 2018, Invited Speaker, Escape Conference for Real Estate Developers, Miami Beach, FL
16. April 2018, Invited Speaker, Ohio State Brain Summit. Columbus, Ohio.
17. June 2018, Invited Speaker, National Conference for State Legislatures, Denver Colorado
18. August 2018, Invited Speaker and Workshop Leader, Esalen Institute. Big Sur, California.
19. September 2018, Invited Keynote, Ohio State University Conference on Caregiver Well-Being. Columbus, Ohio.
20. October 2018, Invited Speaker with MG Piatt--Interviewed by CNN's Anderson Cooper, Mindfulness in America Summit. New York City, New York.
21. October 2018, Invited Speaker, UK Parliament. London, United Kingdom.
22. November 2018, Think Tank Presentation, Pre-meeting to the International Symposium for Contemplative Research. Phoenix, Arizona.
23. November 2018, Invited Speaker, Ascent Conference, Miami Beach, FL
24. November 2018, Invited Master Lecture, International Symposium for Contemplative Research. Phoenix, Arizona.
25. January 2017, Invited Speaker, Citizen's Board, University of Miami, Miami, FL.
26. January 2017, Invited Speaker, Mission United Program, United Way of Miami Dade, Miami, FL.
27. March 2017, Invited Speaker, TEDx Coconut Grove, Miami, FL. (5.3+million views)
28. March 2017, Invited Speaker, Mind, Consciousness, and the Cultivation of Well-Being, University of California- Los Angeles, Los Angeles, CA.
29. March 2017, Invited Speaker, Strengthening Attention with Mindfulness Training in High-Stress Cohorts, University of Southern California, Los Angeles, CA.
30. March 2017, Dialogue with MG Walter Piatt and NY Times Editor David Gelles, Acting with Awareness: Mindfulness, Resilience & Leadership, New York University, New York City, NY.
31. April 2017, Invited Keynote, National Consortium for Building Healthy Academic Communities, University of Florida, Gainesville, FL.
32. April 2017, Invited Speaker, Mindfulness, Science and Society Lecture Series, Brown University, Providence, RI.
33. May 2017, Invited Speaker, YPO Cultivation of Inner Well-being, Sacred Space, Miami, FL.
34. May 2017, Invited Speaker, Southern District of Florida Bench and Bar Conference, Hollywood, FL.
35. June 2017, Invited Speaker, Google Headquarters, Mountain View, CA.
36. June 2017, Invited Speaker and Workshop Co-Leader, Mindfulness and Leadership Under Pressure, 1440 Multiversity, San Jose, CA.
37. June 2017, Invited Speaker, Florida Council of Independent Schools, Tampa Bay, FL.
38. June 2017, Leadership Brief, Joint Base Lewis McChord, WA
39. July 2017, Leadership Brief, Fort Drum, NY
40. October 2017, Invited Speaker, Mindfulness in America Summit, New York, NY
41. January 2016, University of Miami Inauguration of President Frenk, 'Cane Talks', 1 of 7 faculty members selected present.
42. February 2016, Invited Keynote, Florida SouthWestern State College, Fort Myers, FL.
43. February 2016, Invited Speaker, Bayview Asset Management, Coral Gables, FL.
44. May 2016, Invited Keynote, The Mindful Business Conference, New York, NY.
45. May 2016, Invited Speaker, Berger Singerman LLC, Miami, FL.
46. May 2016, Invited Speaker, Mindfulness Based Attentional Training for Special Ops Personnel, Special Operations Medical Association, Charlotte, NC.
47. June 2016, Invited Speaker, Berger Singerman LLC, Fort Lauderdale, FL.
48. June 2016, Invited Speaker, Joint Special Operations Command, Ft. Bragg, NC.
49. June 2016, Invited Speaker, John F. Kennedy Special Warfare Center and School, Ft. Bragg, NC.
50. June 2016, Invited Speaker, Annual Primary Care Symposium, Marco Island, FL.
51. July 2016, Invited Speaker, Ninth Circuit Judicial Conference, Big Sky Resort, MT.

52. September 2016, Invited Speaker, Tenth Circuit Judicial Conference, Colorado Springs, CO.
53. September 2016, Invited Keynote, Middlebury College, Middlebury, VT.
54. October 2016, Invited Presentation, United States Pentagon, Washington DC.
55. November 2016, Invited Speaker, Florida Council of Independent Schools, Miami, FL.
56. November 2016, Invited Keynote, International Symposium for Contemplative Studies, San Diego, CA.
57. December 2016, One U Tour, Canetalk “Leading with Attention”. Los Angeles, CA
58. December 2016, One U Tour, Mindfulness Lecture and Workshop, Los Angeles, CA
59. January 2015, Invited Lecture and Training Series (with Scott Rogers), “Mindfulness Training in the Workplace”, Kaufman Rossin Associates, Coconut Grove, FL.
60. February 2015, Invited Lecture, Air University, Maxwell Air Force Base, Montgomery, AL.
61. April 2015, Invited Lecture, NYU Stern, New York, NY.
62. May 2015, Invited Lecture, 11th Annual Leadership Retreat, Islamorada, FL.
63. May 2015, Invited Lecture, Wisdom Research Forum, University of Chicago, Chicago, IL.
64. June 2015, Invited Workshop, US Army Office of the Surgeon General, Lackland Air Force Base, San Antonio, TX.
65. July 2015, Invited Keynote, 4th Annual Lowcountry Mental Health Conference, Charleston, SC.
66. July 2015, Invited tele-presentation, Lt Col Nicole Malachowski, Joining Forces Initiative, White House, Washington D.C.
67. September 2015, Invited Lecture, Air University, Maxwell Air Force Base, Montgomery, AL.
68. September 21, 28, October 12, 19, 2015, Invited Lecture and Training Series (with Scott Rogers), “Mindfulness, Attention, and Stress Reduction in the Workplace”, Lennar Corp, Doral, FL.
69. September 2015, *Mindful Attention and the Elite Athlete*, Association for Applied Sport Psychology, Webinar.
70. October 2015, Invited Lecture, Society for Psychophysiological Research Annual Meeting, Seattle, WA.
71. October 2015, Invited Keynote, Walter Reed Army Institute of Research, Silver Springs, MD.
72. October 28 and November 4, 2015, Invited Speaker, Gulliver Schools, Miami, FL.
73. November 6, 7, and 8, 2015, Invited Lectures, Mindfulness in Law Retreat, Lenox, MA.
74. November 2015, Invited Presentation, Leadership Cabinet of the Sylvester Comprehensive Cancer Center, Miami, FL
75. November 2015, Invited Lecture, US Army Special Operations Command, Tampa, FL.
76. January 2014, Invited Keynote Speaker, Access Circles Retreat, Miami Beach, FL.
77. February 6, 2014, Invited Panelist, Florida Bar Association, A Mindful and Ethical Start to the New Year, Miami, FL.
78. February 2014, Invited Keynote, Mindfulness and Neuroscience: Befriending the Mind, Naropa University, Boulder, CO.
79. February 2014, Invited Workshop with Jane Carpenter, Naropa University, Boulder, CO.
80. April 2014, Kluge Symposium, 12th Annual International Scientific Conference for Clinicians Researchers and Educators, Center for Mindfulness Scientific Conference, Norwood, MA.
81. May 2014, Invited Lecture, Integrative Medicine Lecture Series, NIH Clinical Research Center, Bethesda, MD.
82. May 2014, Invited Keynote, Diabetes Research Institute Foundation, University of Miami Miller School of Medicine, Miami Beach, FL.
83. June 2014, Invited Presentation, American Society for Clinical Psychopharmacology Annual Meeting, NIHNCAM, Hollywood, FL.
84. July 2014, Invited Presentation, Strengthening the Brain’s Attention System with Mindfulness Training, The Omega Institute, Rhinebeck, NY.
85. August 2014, Invited Lecture, Strengthening Attention and Working Memory with Mindfulness Training in High-Stress Cohorts, Uniformed Services University of the Health Sciences, Bethesda, MD.
86. August 2014, Invited Presentation and Panel Participation, NCCAM/DOD/VA Working Group Council, NIHNCAM, Bethesda, MD.
87. September 2014, Invited Keynote, Pinecrest Business Association, Pinecrest, FL.
88. September 2014, Invited Lecture, Mental and Behavioral Health Conference: Strengthening the Brain’s Attention System with Mindfulness, Baptist Health South Florida, Miami, FL.
89. September 2014, Featured Speaker, Indulge Magazine/Miami Herald, Coral Gables, FL.
90. October 2014, Invited Lecture, A Mindful Miami Conference, Mindful Kids Miami, Miami, FL.
91. October 2014, Invited Keynote, Praxity Global Alliance Limited Conference, Miami Beach, FL.
92. October 2014, Invited Keynote and Discussion with HH Dalai Lama and Richard Davidson, International Symposium for Contemplative Studies, The Mind and Life Institute, Boston, MA.
93. November 2014, Invited Lecture, International Symposium for Contemplative Studies, The Mind and Life Institute, Boston, MA.
94. November 2014, Panel Presentation with Antoine Lutz, John Dunne, and Clifford Saron, International Symposium for Contemplative Studies, The Mind and Life Institute, Boston, MA.
95. December 2014, Invited Lecture, Kaufman Rossin Accounting Firm, Coconut Grove, FL.
96. January 2013, Invited Speaker, World Economic Forum, Davos, Switzerland.
97. February 2013, Invited Speaker, NY Academy of Sciences and Nour Foundation Meeting, New York, NY. February 2013, Invited Keynote, Fort Drum Family Readiness Conference, Fort Drum, NY.
98. February 2013, Retreat Leader, “A Day of Mindfulness,” with Tussi Kluge, Cutler Bay, FL.
99. February 2013, Invited Speaker, Beaux Arts, University of Miami, Coral Gables, FL.
100. April 2013, Invited Speaker, Brown University Contemplative Studies Initiative, Providence, RI.
101. April 2013, Chair and Speaker, UMass Center for Mindfulness Annual Meeting, John and Tussi Kluge Research Symposium, Norwood, MA.
102. May 2013, Invited Keynote Speaker, Learning & the Brain “Executive Skills for School” Conference, Arlington, VA.

103. May 2013, Featured Speaker, NY Academy of Sciences and Scientific American Mind CoSponsored Event: "Educating Attention and Emotion," New York, NY.
104. May 2013, Invited Speaker, Mindfulness in Law Joint Task Force Workshop, Miami, FL.
105. June 2013, Invited Speaker, Huffington Post Conference: "The Third Metric: Redefining Success Beyond Money and Power," New York, NY.
106. June 2013, Invited Speaker, UM Business and Leadership Forum, Coral Gables, FL.
107. June 2013, Invited Speaker and Retreat Leader, Mindfulness Week, Mindhouse Park, Tallberg, Sweden.
108. August 2013, Invited Speaker, The Aspen Institute: "Society of Fellows Luncheon: The New Frontier: Breakthroughs in Mapping the Brain," Aspen, CO.
109. August 2013, Invited Keynote Speaker, The Aspen Brain Lab: "Mindfulness and Resilience in the Healthy Brain," Aspen, CO.
110. October 2013, Round Table with Scott Rogers, University of Miami School of Law, Coral Gables, FL.
111. September 2013, Invited Speaker, Brief at SOUTHCOM, Military Spouses Project, Doral, FL.
112. October 2013, Invited brief to BG Sean Mullholland, SOCSOUTH, Homestead Air Force Base, Doral, FL.
113. November 2013, Invited brief to 7th Special Forces Group (Green Berets), Military Spouses Project, Eglin Air Force Base, Destin, FL.
114. November 2013, Invited Keynote Speaker, UM Citizens Board, Coral Gables, FL.
115. February 2012, Invited Keynote Lecture, Mindfulness in Youth Conference, UCSD Center for Mindfulness, San Diego, CA.
116. March 2012, Invited Keynote Address, Mindfulness in Education Network, Bryn Mawr College, PA.
117. April 2012, Invited "Master Lecture", Mind and Life International Symposia for Contemplative Studies, Boulder, CO.
118. October 2012, Invited Keynote Address, Superintendents Forum, San Francisco, CA.
119. November 2012, Invited panelist, 34th Annual Conference of the National Association of Women Judges, Miami, FL.
120. January 2011, Invited presenter, "The Science of Mindfulness", Conference Organized by Congressman Tim Ryan in Ohio.
121. March 2011, Invited Symposium co-Leader (with Geshe Lobsang Negi) and Presenter, "Science of Meditation", Aspen Institute, Aspen, CO.
122. April 2011, Organizer and Presenter, Neural Bases of Mindfulness, 8th Annual meeting of the Center for Mindfulness in Medicine, Healthcare, and Society, UMASS Medical School, Worcester, MA.
123. May 2011, Invited keynote speaker for symposium on "Educating Attention", American Psychological Society, Washington D.C.
124. May 2011, Invited Presentation, Penn Program for Mindfulness sponsored Mindfulness in Psychotherapy, Philadelphia, PA.
125. May 2011, Invited Presentation, McKnight Foundation, Inter-institutional Meeting, University of Miami Medical School, Miami, FL.
126. June 2011, Invited Presentation, Mind and Life Summer Research Institute, Garrison, NY.
127. Sept 2011, Invited Presentation, Aspen Brain Forum, NY Academy of Sciences, Aspen, CO.
128. April 2010. Invited Keynote address 7th Annual Meeting of the Center for Mindfulness in Medicine, Healthcare, and Society, University of Massachusetts Medical School Worcester, MA.
129. September 2010, Invited Keynote address, "Bringing Attention to Mindfulness" Contemplative Academy conference sponsored by the Center for Contemplative Mind in Society, Amherst College, Amherst, MA.
130. October 2010, Organizer and Presenter, 2nd Meeting of the Mindfulness Research Working Group, Madison, WI.
131. October 2010, Invited speaker as New Science Fellow, PopTech Annual Conference, Camden, ME.
132. February 2009, Invited Keynote, Mindfulness in Education Annual Meeting, Philadelphia PA.
133. April 2009, Invited Lecture, Mind and Life XIX, Attention and Executive Functions in Meditation: Research meeting with His Holiness the Dalai Lama, Dharamsala, India.
134. June 2009, Invited Lecture, US Congress, Invited Presentation sponsored by Congressman Tim Ryan on Use of Mindfulness in Military, Education, and Medical Contexts, Washington, D.C.
135. June 2009, US Pentagon, Invited Presentation with Elizabeth Stanley by General Xenakis on Use of Mindfulness-Based Mind Fitness Training, Washington D.C.
136. September 2009, Invited Colloquium, Pennsylvania State University, Department of Human Development and Psychology, State College, PA.
137. September 2009, Invited Keynote, US Department of Defense Military Health Research Forum (MHRF) Kansas City, MO.
138. November 2009, Invited Colloquium, University of Pennsylvania, Department of Neurosurgery (Grand Rounds), Philadelphia, PA.
139. November 2009, Invited Colloquium, Brown University, Contemplative Studies Program, Providence, RI.
140. March 2008, Invited Colloquium, Gettysburg College Department of Psychology, Gettysburg, PA.
141. April 2008, Invited Colloquium, University of Michigan Department of Psychology, Ann Arbor, MI.
142. April 2008, Invited Colloquium, Villanova University, Ardmore, PA.
143. April 2008, Marine and Army Training Center, West Palm Beach, FL.
144. April 2008, Invited Colloquium, Lehigh University Department of Psychology, Lehigh, PA.
145. April 2008, Invited Lecture, Mind and Life Institute Meeting with His Holiness the Dalai Lama, Ann Arbor, MI.
146. June 2008, Invited Lecture, Mind and Life Summer Institute, Garrison, NY.
147. December 2008, Invited Colloquium, University of Toronto Department of Psychology, Toronto, Canada.
148. February 2007, Invited presentation, University of California – Davis, Shamata Project Summit, Davis, CA.
149. March 2007, Invited speaker, Center for Mindfulness, Worcester, MA.
150. June 2007, Invited speaker, Mind and Life Summer Research Institute, Garrison, NY.
151. September 2007, Invited speaker, Mind and Life Education Research Network, Wellesley, MA.
152. November 2007, Invited Keynote, Mind & its Potential, Sydney, Australia.

153. November 2007, Invited Keynote, Annual Meeting for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
154. June 2005, Invited speaker, Mind & Life Summer Research Institute, Garrison, NY.
155. October 2005, Invited Lecture, Naropa University, Boulder, CO.
156. November 2005, Invited Colloquium, Brown University Department of Psychology, Providence, RI.
157. April 2004, Invited Lecture, NASA – Cognition in Space Symposium, Tempe, AZ.
158. November 2003, Invited speaker, Society for Neuroscience, Platform presentation at Symposium on Working Memory, Orlando, FL.
159. October 2002, Invited Colloquium, Yale University Department of Psychology, New Haven, CT.
160. October 2001, Invited Colloquium, University of Pennsylvania, Philadelphia, PA.
161. October 2001, Invited Colloquium, University of Illinois Urbana-Champaign, Champaign, IL.
162. November 2001, Invited Colloquium, University of California-Irvine, Irvine, CA.
163. November 2001, Invited Colloquium, Northwestern University, Evanston, IL.
164. April 2000, Invited speaker, Cognitive Neuroscience Society, Pre-Conference Symposium, San Francisco, CA.

2. Conference/Symposia Organized

1. November 2024--Mind and Life Institute Future of the Field Gathering, VA, Role: *planning committee member*
2. October 2023—M4 Organizing Committee (NICCIH-NIH funded meeting hosted at Washington University) Role: *planning Committee Member*
3. **January and March 2021, Mind and Life Think Tank Meetings on establishing an International Society for Contemplative Research, Virtual. Role: Co-Organizer**
[Co-I of a \$15K Mind and Life Institute *Think Tank Funding* in support of this meeting]
4. **September 2021 United Kingdom’s Ministry of Defence, Mindfulness in Defence Symposium (MINDS) Role: US advisor to the UK MOD’s Mindfulness in Defence steering committee, 10+ Nations attended.**
5. November 2020, Mind and Life Institute, Contemplative Research Conference Role: *Planning Committee Member*
3. November 2018, Think Tank Meeting on Measurement of Mindfulness, International Symposium for Contemplative Research, Mind and Life Institute, Phoenix, Az. Role: *Co-Chair and Co-Organizer* [Co-I of a \$15K Mind and Life Institute *Think Tank Funding* in support of this meeting]
4. **November 2016, International Symposium for Contemplative Studies, Mind and Life Institute, San Diego, CA. Role: Co-Chair and Co-Organizer (over 1500 attendees)**
5. October 2015, 3rd Meeting of the Mindfulness Research Working Group, Miami, FL. Role: *Co-Organizer* [Funded by Private Gift and Foundation funds to APJ in support scientific working group meeting.]
6. April 2014, Translational Research in Mindfulness and Compassion, Kluge Research Symposium, Annual Meeting of the Center for Mindfulness, Worcester, MA. Role: *Chair and Organizer.*
7. April 2013, Mechanisms of Mindfulness, Kluge Research Symposium, Annual meeting of the Center for Mindfulness, Worcester, MA. Role: *Chair and Organizer.*
8. March 2012, Daylong Research Symposium: Embodiment of Mindfulness: Neuroscience and Clinical Perspectives, Annual meeting of the Center for Mindfulness, Worcester, MA. Role: *Co-chair*
9. April 2011, Daylong Research Symposium: Contemplative Clinical Research and Contemplative Neuroscience, Annual Meeting of the Center for Mindfulness, Worcester, MA (University of Massachusetts Medical School). Role: *Co-chair*
10. October 2010, 2nd Meeting of the Mindfulness Research Working Group, Madison, WI. Role: *Co-organizer* [Funded by Scientific Meeting Funds from Fetzer Institute to APJ.]
11. April 2010, Symposium: “What Controls Cognitive Control: The Influence of Control Context”. Cognitive Neuroscience Society Annual Meeting, Montreal, Canada. Role: *Symposium Organizer and Presenter* [Competitive application]
12. April 2010, Daylong Research Symposium: Contemplative Clinical Research and Contemplative Neuroscience, Annual Meeting of the Center for Mindfulness, Worcester, MA (University of Massachusetts Medical School). Role: *Co-chair*
13. April 2009, Daylong Research Symposium: Contemplative Clinical Research and Contemplative Neuroscience, Annual Meeting of the Center for Mindfulness, Worcester, MA (University of Massachusetts Medical School). Role: *Co-chair*
14. April 2008, Daylong Research Symposium: Contemplative Clinical Research and Contemplative Neuroscience, Annual Meeting of the Center for Mindfulness, Worcester, MA (University of Massachusetts Medical School). Role: *Co-chair*
15. December 2008, 1st Meeting of the Mindfulness Research Working Group, Toronto, CA. Role: *Co-organizer*

16. April 2007, Daylong Research Symposium: Contemplative Clinical Research and Contemplative Neuroscience, Annual Meeting of the Center for Mindfulness, Worcester, MA (University of Massachusetts Medical School). *Role: Co-chair*

VI. TEACHING

A. Teaching Awards

- 2009 Dean's Innovation in Teaching Award, University of Pennsylvania
2007 Charles Ludwig Award for Distinguished Teaching, University of Pennsylvania

B. Teaching Specialization

- University of Miami Undergraduate Teaching
Psychology 474, Mindfulness, Attention, and the Brain
Neuroscience 190, Forum Cognitive Neuroscience
Neuroscience 120, Forum Cognitive Neuroscience
- University of Miami Graduate Teaching
Psychology 605, Graduate Core Course in Cognitive Neuroscience
- University of Pennsylvania Undergraduate Teaching
Psychology 155, Attention and Memory
Psychology 249, Cognitive Neuroscience of Meditation
Psychology 349, Research Experience in Functional MRI
- University of Pennsylvania Graduate Teaching
Psychology 630, Cognitive Neuroscience of Attention

C. Post-doctoral, Dissertation, Thesis Advising Post-doctoral

Advisor

- 2024 to Present Jason Tsukahara, Ph.D.
2017 to 2024 Anthony Zanesco, Ph.D., now Assistant Professor of Psychology, Univ. of Kentucky
2014-2018 Ekaterina Denkova, Ph.D., now Research Associate Professor, Univ of Miami
2012-2017 Alexandra Morrison, Ph.D., now Associate Professor (tenured) at Cal State Sacramento
2012-2014 Martin Paczynski, Ph.D. (deceased)
2011-2012 Shruti Bajjal, Ph.D., now Senior Scientist at Novartis Pharmaceuticals
2010-2011 Toby Eliman, Ph.D., now Research Psychologist, Walter Reed Army Institute of Research

Primary Dissertation Advisor

- 2021 to present Malena Price, Adult Division, Clinical Psychology Ph.D Program, University of Miami
2020 to 2023 Cody Boland, Health Clinical Psychology Ph.D. Program, University of Miami
2015-2020 Joanna Witkin, Cognitive and Behavioral Neuroscience Ph.D. Program, University of Miami
2013-2018 Marissa Krinsky, Clinical Psychology Ph.D. Program, University of Miami *NSF Graduate Fellowship Recipient.
2012-2018 Joshua Rooks, Clinical Psychology Ph.D. Program, University of Miami
2005-2009 Kartik Sreenivasan, Ph.D. Neuroscience, University of Pennsylvania, now Associate Professor (Tenured) at NYU Abu Dhabi
2012-2014 Trae Williamson, Interdisciplinary Program, University of Miami
2007-2009 Mindy Hong, Ed.D. Graduate School of Education, University of Pennsylvania

2005-2007 Sandra Dean, Ed.D. Graduate School of Education, University of Pennsylvania

Trainee Awards (at UMiami):

1. Malena Price (role: Primary mentor)

2024 Graduate Student Teaching Award
 2023-2025 University of Miami, ULINK Dissertation Fellowship
 2023-2025 Mind and Life Institute, Varela Grant Recipient
 2020 McKnight Graduate Fellowship, University of Miami

2. Marissa Krinsky (role: Primary mentor)

2013-2017 National Science Foundation, Graduate Research Fellowship

3. Joanna Witkin (role: Primary mentor)

2020 Gail Ironson Student Speaker Award, Department of Psychology, University of Miami
 2019 Dissertation Fellowship Award, College of Arts and Sciences, University of Miami
 2019 Kirk R. Danhour Memorial Award, Department of Psychology, University of Miami 2017
 Dean's Summer Research Fellow, College of Arts and Sciences, University of Miami

4. Joshua Rooks (role: Primary mentor)

2017 Kirk R. Danhour Memorial Award, Department of Psychology, University of Miami

5. Cody Boland (role: Primary mentor)

2020-2021 APA Graduate Student Award
 2020 Flipse Award

Dissertation Committee Member,

2015-2016 Demet Cek, Ph.D. Psychology, Adult Track, University of Miami
 2012-2013 Evan Carter, Ph.D. Psychology, Adult Track, University of Miami
 2011-2013 Judy Gomez, Counseling Psychology, University of Miami
 2011-2012 Katie Denny, Ph.D. Psychology, Adult Track, University of Miami
 2010-2011 Jason Krompinger, Clinical Psychology Ph.D. Program, University of Delaware
 2009-2010 Kielty Turner, Social Work Ph.D. Program, University of Pennsylvania
 2005-2007 Marieke van Vugt, Ph.D. Neuroscience, University of Pennsylvania
 2003-2005 Irene Kan, Ph.D. Psychology, University of Pennsylvania
 2002-2004 Joe Kable, Ph.D. Neuroscience, University of Pennsylvania

Masters Thesis Committee Member:

2013-2014 Julia Yang, Psychology, University of Miami
 2012 Michael Vanderlind, Psychology, University of Miami
 2009 Anastasia Kiyonaga, Graduate School of Education, University of Pennsylvania
 2007 Robert Bonnet, Graduate School of Education, University of Pennsylvania
 2008 Sara Drucker Psychology 699, University of Pennsylvania
 2005 Eranda Jayawikreme, Psychology 699, University of Pennsylvania
 2005 Kinjal Doshi, Psychology 699, University of Pennsylvania

Undergraduate Research and Thesis Advisor

Year	Trainees
* indicates honors committee member * indicates Honors Thesis Advisor	

University of Miami, Psychology and Neuroscience Programs

2025	Piper Santana, Felicja Luciani, Sean Benson, Alek Goodpastor, Pietra Amor, Georgina Reyes
2024	Piper Santana, Lab Volunteers: Neelesh Pandey, Felicja Luciani, Fifi Akande
2023-2024	Piper Santana, Shirley Pandya, Lauren Tierney*
2022-2023	Shirley Pandya, Lauren Tierney, Catalina Sanchez*, Emily McNamara*
2021-2022	Cindy Ripoll-Martinez (PRIME), Andrea Martinez, Carolyn Joyce Keatley*
2020-2021	Azin Pooresmaeil, Kellen McDonald*, Bao Tran Duong, Carolyn Joyce Keatley
2019-2020	Azin Pooresmaeil, Max Zussman, Beatrice Fontana, Neha Aitharaju (PRIME recipient), Cameron Blais, Kellen McDonald
2018-2019	Azin Pooresmaeil, Neha Aitharaju*, Cameron Blais, Kellen McDonald
2017-2018	Neha Aitharaju, Neha Raja
2016-2017	Ethan Homedi**, Ariel Paz**, Kristen Zayan**, Shivani Hanchate**, Sydney Feldman**, Joseph Dunn, Lindsey Slavin
2015-2016	Joseph Dunn, Ethan Homedi, Ariel Paz, Kristen Zayan, Shivani Hanchate, Benjamin Slavin, Sydney Feldman
2014-2015	Emily Brudner**, Lauren Walter**, Ash Tilak**, Joseph Dunn, Ethan Homedi, Ariel Paz, Kristen Zayan, Shivani Hanchate, Ben Pasternack (Summer PRIME student)
2013-2014	Adam Burton**, Kaelyn Lynch**, Victor Mancini**, Lisa Cameron, Samuel Warn, Jennifer Rizzo, Sam Jazzo
2012-2013	Merissa Goolsarran**, Jason Frishman, Phillip Chan
2011-2012	Zachary Kornblum, Nikesh Banerjee (Summer PRIME student), Christina Robinson, Cristina Garcia
<i>University of Pennsylvania</i>	
2009-2010	Lauren Mancuse (Cognitive Science), Nina Rostrup (Cognitive Neuroscience)
2008-2009	Lauren Mancuse (Cognitive Science), Nina Rostrup (Cognitive Neuroscience)
2007-2008	Pauline Baniqued (Cognitive Science), Anish Mehta (Biological Basis of Behavior), Katrina Fincher (Psychology)
2006-2007	Deepak Sambhara (Biological Basis of Behavior), Zev Rosen (Psychology), Jonathon Goldstein (Psychology)
2005-2006	Alice Tang (Biological Basis of Behavior), Erik Malmgren-Samuel (Anthropology)
2004-2005	Alice Tang (Biological Basis of Behavior), Erik Malmgren-Samuel (Anthropology)
2003-2004	Misha Heller (Psychology), Jennifer Katz (Biological Basis of Behavior), Audrey Lustig (Biological Basis of Behavior), Ichane Tsai (Wharton), Deepa Ravikumar (Psychology)
2002-2003	Jordan Fishman (Psychology), Nicole Giuliani (Psychology), Jared Insellman (Psychology), Allison Waxman (Psychology)

VII. SERVICE (since 2010)

A. University of Miami Service

Department of Psychology

1. Adult Search Committee (2024 to present)
2. Cognitive and Behavioral Neuroscience Search Committee (2023-2024)
3. Cognitive Neuroscience Search Committee, Department of Psychology (2010 to 2014)
4. Neuroimaging Research Committee, Department of Psychology (2012 to 2018)
5. fMRI Search Committee for Research Scientist, Department of Psychology (2014)
6. UMIND Communications and Development Committee (September 2015 to 2016)
7. Faculty Mentoring Committee (Dr. Lynn Perry, September 2015 to 2021)
8. Faculty Mentoring Committee (Dr. Meagan Parlade, September 2021 to present)
9. Graduate Student Teaching, Faculty Mentor (2018 to present)

University Committees

1. Provost Research Council (2013 to 2015)
2. University Committee on Misconduct (September 2015 to present)
3. Member, UM Sylvester Comprehensive Cancer Center (October 2015 to October 2024)
4. Member, 'Cane Talks Advisory Committee (December 2016 to present)

5. Well Being for All, Provost Initiative Committee (September 2018 to 2019)
6. Mentoring Committee, NIH K01 application of Dr. Joyce Gomes-Osman, Departments of Physical Therapy and Neurology

B. UMindfulness Initiative

2010 to Present Co-Founder and Director of Research/Contemplative Neuroscience for the University of Miami, Mindfulness Research Practice Initiative (*UMindfulness*)

Public Lectures, Organized and Hosted

1. March 4, 2014, Dr. Dan Gottlieb
2. March 25, 2014, Sharon Salzberg
3. September 17, 2014, Dan Harris
4. November 10, 2014, Congressman Tim Ryan
5. January 28, 2015, Dr. Daniel Goleman
6. April 7, 2015, Dr. Zindel Segal
7. October 9, 2015, Dr. Jon Kabat-Zinn
8. January 29, 2016, Sharon Salzberg
9. February 23, 2017, Noah Levine
10. January 16, 2018, Dr. Joan Halifax
11. October 11, 2018, Dr. Kristin Neff
12. November 12, 2018, Sharon Salzberg
13. January 11, 2019, Dr. Dan Siegel
14. February 3, 2020, Rhonda Magee
15. January 27, 2021, Sharon Salzberg
16. October 21, 2021, Peak Mind launch event with President Julio Frenk, Admiral Craig Faller, Mayor Daniella Levine Cava, and Scott Rogers,
17. October 4, 2022, Amishi Jha
18. December 14, 2022, LTG Walter Piatt
19. November 4, 2024, Dan Harris (Co-hosted with UMiami Law School)

UMindfulness Research Symposia, Organized and Hosted

1. May 12, 2014, Dr. Emmeline Edwards, Director of Extramural Research NCCAM.
2. October 18, 2014, A Mindful Miami, Day Long Conference in Partnership with Mindful Kids Miami, 350+ attendees.

Retreats, Organized and Co-led

1. March 1, 2014, Retreat at Deering Estate with Maria T. Kluge.
2. November 8, 2014, Retreat at Deering Estate with Maria T. Kluge.
3. January 30-31, 2016, Retreat at Newman Alumni Center with Sharon Salzberg.
4. February 10-11, 2018, Retreat at Newman Alumni Center with Sharon Salzberg.
5. October 12-13, 2018, Retreat at Newman Alumni Center with Dr. Kristin Neff.

Trainings Offered (Nonexhaustive)

1. MBAT training for UMiami President Julio Frenk's cabinet January/Feb 2020
2. MBAT for Sylvester Social Workers Aug/Sept 2021

C. Community Service Activities

2016 Mandelstam School, Science Classes Grades 3-5 Science Tour

	Gulliver Academy STEM Girls Science Tour
2014	Brain Lab Tour for United Way Demonstration School, Coral Gables
2014	Faculty Representative, Graduate School Commencement, University of Miami
2014	Faculty Representative, Undergraduate Commencement, University of Miami
2014	Clinical Graduate Student Qualifying Exam, Faculty Proctor, University of Miami
2013 to present	The Synapse Project, Service Organization to Promote Neuroscience in Girls, Board Member
2012	Career Day Presenter for Coral Reef Elementary School
2010-2013	Community Representative, Educational Excellence School Advisory Council (EESAC) - Coral Reef Elementary School, Miami-Dade Public School, Palmetto Bay, FL

VIII. Leadership/Advisory/Consultation Activities (nonexhaustive)

International:

2023 to present	Apolitical Foundation, Well-being Advisory Board Member
2021 to present	Ad Hoc and MINDS advisor, UK MOD Mindfulness Steering Group
2021 to present	Advisory Committee Member for the Monash University Centre for Consciousness and Contemplative Studies (Australia)
2018 to 2022	New Zealand Defense Force, Mindfulness Training Initiative Ad hoc advisor: Training and Education Consultation
2021 to 2022	Ad Hoc Advisor, Royal Australian Navy

National:

2018 to 2023	US Forest Service, Division of Mindfulness, Core Advisory Group, member
2015-2016	US Department of Defense, Brain Health Consortium, Office of the US Army Surgeon General, member

Regional/Nonprofit/Universities:

2023 to present	SIY Global Science Advisory Board, founder and member
2021 to present	Mind and Life Institute Steering Council
2020 to present	Mind Up, Goldie Hawn Foundation Science Advisory Board
2019 to 2024	Search Inside Yourself Leadership Institute, Board of Directors, member
2019 to present	Becoming Jackson Whole Foundation, Jackson, WY Chief Science Advisor
2018-2021	Palm Health Foundation, Palm Beach, FL Brain Health Advisory Council, member
2017-2021	Brown University Medical School- Mindfulness Education Consulting

Private Organizations (Nonexhaustive):

- 2017 Chicago Cubs, Mindfulness Training for Player Development Coaching Staff
Invited Lecture/Workshops, co-presenting with Scott Rogers.
- 2018 The Teaching Company “Great Courses” (Selected to provide a lecture on the Science of Mindfulness in their Masters of Mindfulness Series)
- 2015-2017 Boston Red Sox, Mindfulness Training for Player Development Coaching Staff
Invited Lecture/Workshops, co-presenting with Scott Rogers.

Ad Hoc Adviser Prior to 2015

- Northeast Cognitive Rehabilitation Research Network (2008-2010)
Garrison Institute Education Leadership Council (2007-2010)
Shamata Project, University of California-Davis (2007)
Goldie Hawn Foundation– Scientific Advising, Academic Curriculum Review (2010-2013)

Professional Organization Committee Member

- Mindfulness Research Working Group (Co-Founder, 2009 to 2015)
Insight Meditation Society Scientific Research Committee (2008-2010)
Mind and Life Summer Research Institute Planning Committee (2008-2009)
Mind and Life Program and Research Committee (2008-2009)
Mind and Life Varela Grant Review Committee (2008-2009, 2011)
Mind and Life Education and Research Network (2007-2009)
Mind and Life International Conference on Contemplative Science Steering Committee (2011-2014)
NIH-NCCAM Working Group on Meditation Research (2008)
NIH-NCCAM Review Panel (2008, 2012)
Mind and Life Education Research Network (2007-2009)
Cognitive Neuroscience Society Poster Committee (2010-2011)
Mind and Life Institute, International Symposium for Contemplative Studies Program and Planning committee, Co-Chair (2014 to 2016)
Mind and Life Institute, Contemplative Research Conference 2020, planning committee (2019-present)

IX. WEBSITES

- Amishi.com: <https://amishi.com>
Laboratory: <https://lab.amishi.com>
Wikipedia: https://en.wikipedia.org/wiki/Amishi_Jha
UMindfulness Website: www.mindfulness.miami.edu

X. SELECT NEWS OF NOTE AND MEDIA COVERAGE

TED.com “[How to tame your wandering mind](#)”, 6.1+ million views, translated into 28 languages

2019 to Present

1. [Business Insider](#) A neuroscientist revealed 3 habits to improve your memory, and 1 that can damage it
2. [Oprah Daily](#) How to have a good day at work (By Daniel Goleman)
3. [Big Think](#) Mind-wandering may be the cause of your unhappiness
4. [Fast Company](#) Neuroscience-back Practices to Reclaim Attention
5. [Big Think](#) Strengthen Your Internal Lie Detector

6. [The Telegraph \(UK\)](#) How to improve your attention span without, er, what were we saying...
7. Erin Anderson. "Our brains don't like uncertainty, but research offers clues for how to cope", [The Globe and Mail](#) (December 2021)
8. Kathy Caprino. "Training Your Brain's Capacity To Pay Attention Will Optimize Your Success" [Forbes.com](#) (October 2021)
9. Elanor Morgan. "How to retrain your frazzled brain and find your focus again." [The Guardian](#) (October 2021)
10. Rosa Silverman. "Can't Concentrate? Here's How to Reboot Your Attention Span." [The Daily Telegraph-UK](#) (October 2021)
11. Rachel Trent. "People spend half of their lives not focused on the present, research says. Here's how to change it." [CNN.com](#) (August 2021)
12. Ashley Abramson. "Filling Your Summer Calendar, Slow Your Roll." [The New York Times](#) (May 2021).
13. Anna Goldfarb. "How to Find a Meditation App for You" [The New York Time](#), (June 2020).
14. Grace Bullock. "New Research on Mindfulness Meditation: Summer 2020" [Mindful Magazine](#) (April 2020)
15. Barry Yeoman. "Zero the Mind." [Mindful Magazine](#) (July/August 2019)
16. Cover feature, [Mindful Magazine](#)
17. O'brien, Hyon. "Breathe in, Breathe out", [Korea Times](#) (July 2019)
18. Walia, Nona. "How to Tame a Wandering Mind." [Times of India](#) (May 2019)
19. Richtel, Matt. "The Latest in Military Strategy: Mindfulness." [The New York Times](#), (April 2019). Featured on Page A-1.
20. Nash, Brad. "Mindfulness is the Latest Training Trend Gaining Traction in the Military" [GQ-Australia](#) (April 2019)

2018 and Prior

1. Rope, Kate. "The Future of Being Present." [Time Magazine](#). (September 2018)
2. Fine, Victoria. "Can A Single Weekend of Meditation Make You a Better Leader?" [Forbes.com](#). (September 2018).
3. Kovacs, Martin. "Time to pay attention: What can stop your mind from wandering at work?" [Smartcompany.com](#). (June 2018).
4. Barnett, Rebekah. "4 simple exercises to strengthen your attention and reduce distractibility." [Ideas.TED.com](#). (June 2018).
5. Boyce, Barry. "The Magnificent, Mysterious, Wild, Connected and Interconnected Brain." [Mindful.org](#). (June 2018).
6. Walters, Laura and Kenny, Katie. "Superfad: Mindfulness in the NZ Defence Force." [Stuff](#). (April 2018).
7. Genash, Narayani. "Educating the Heart." [Times of India](#). (April 2018).
8. Ganesh, Narayani. "Multitasking is an absolute myth... It degrades the capacity you need to handle your stress." [Times of India](#). (March 2018).
9. Lortie, Molly. "We are teaching people to become happy here:' Tibetan Leader." [The Tibet Post](#). (March 2018).
10. [National Public Radio](#). TED Radio Hour, "Amishi Jha: How Can We Pay Better Attention to Our Attention?" (NPR Radio, 2018).
11. Reynolds, Gretchen. "To Train an Athlete, Add 12 Minutes of Meditation to the Daily Mix." [The New York Times](#), (2017).
12. Mayberry, Matt. "2 Practical Ways to Build the Mental Toughness You Need in Business -- and in Life." [Entrepreneur](#). (2017).
13. Bible, Adam. "Stronger cognition requires mental training just as much as physical activity." [Men's Fitness](#). (2017).
14. CNN Health, Christensen, Jen. "Want to be happy and successful? Try compassion." (2017) 16. Russell, Elizabeth. "Where Mindfulness Meets Warrior Culture." [Mindful Magazine](#). (2016).

17. Begley, Sharon. "Building a Better Brain." [Newsweek](#). (2016).
18. ABC News. "10% Happier with Dan Harris #24: Dr. Amishi Jha & Maj. Gen Walter Piatt." (2016)
19. Kim, Connie and Shy, Yael. "Why NYU's B-School teaches Mindfulness." [Harvard Business Review](#), (2015).
20. Dumas, Kitty. "Mindful of Their Mission." Miami Herald, (FRONT PAGE, August 2014).
21. Konnikova, Maria. "An Anecdote for Mindfulness." [New Yorker](#), (2014).
22. Pickert, Kate. "The Mindful Revolution." [Time Magazine](#), (COVER STORY 2014).
23. Hurley, Dan. "Breathing In vs. Spacing Out." [The New York Times](#), (2014).
24. Jabr, Ferris. "Why Your Brain Needs More Downtime." [Scientific American](#). (2013).
25. Kohn, David. "Mindfulness and Meditation Training Could Ease PTSD Symptoms, Researchers Say." [The Washington Post](#). (2013).
26. Rosenberg, Tina. "For Veterans, a Surge of New Treatments for Trauma." [The New York Times](#). (2012).
27. Shanker, Thom & Richtel, Matt. "In New Military, Data Overload Can Be Deadly." [The New York Times](#). (2011).
28. Begley, Sharon. "Can You Build a Better Brain?" [Newsweek](#). (2011).
29. Kalb, Bess. "The Men Who Stare at Nothingness." [GQ](#). (April 2010).
30. National Public Radio, Voices in the Family. WHY Y Radio. (2010).
31. Carpenter, Siri. "Revising Best-Laid Plans." Science Careers: [Science Magazine](#). (2009).
32. All in the Mind. Australian Public Radio. (2007) 33. National Public Radio, Voice of America. (2007).
34. Conis, Elena. "It's Cool to be Calm: Meditation can help kids focus, but does it have health benefits?" [Los Angeles Times](#). (2005).
35. National Public Radio, Morning Edition. (2005).