

Biosketch: Amit Sood, M.D., M.Sc.,

Amit Sood, M.D., M.Sc. is a professor of medicine at Mayo Clinic College of Medicine. He is also the director of research in the Complementary and Integrative Medicine Program, chair of the Mind-Body Medicine Initiative at Mayo Clinic in Rochester, Minnesota, and fellow of the American College of Physicians. Dr. Sood has developed an innovative approach to mind-body medicine by incorporating concepts within neurosciences, psychology, philosophy and spirituality. His clinical work and research encompasses a wide range of topics, including improving resiliency; decreasing stress and anxiety; enhancing well-being and happiness; cancer symptom relief and prevention; tobacco cessation; and wellness solutions for caregivers, corporate executives, health care professionals, parents, and students.



Dr. Sood has authored or co-authored more than 60 peer-reviewed original articles, as well as editorials, book chapters, abstracts, letters and books. He has received several NIH and foundation awards to test and implement integrative and mind body approaches within medicine. He also developed the first Mayo Clinic iPhone app, an introductory meditation program. He is a highly sought after speaker teaching over 50 workshops every year, and has mentored several hundred fellows, medical students, instructors, physicians and residents.

Dr. Sood received the 2010 Distinguished Service Award, the 2010 Innovator of the Year Award and the 2013 Outstanding Physician Scientist Award from Mayo Clinic. He was also named Faculty of the Year for 2015 by Mayo School of Continuous Professional Development. The Ode Magazine nominated Dr. Sood as one among top 20 intelligent optimists helping the world become a better place. He is the author of the book, *The Mayo Clinic Guide to Stress-Free Living* and *Mayo Clinic Handbook for Happiness*, as well as the newest release, *Immerse: A 52 Week Course in Resilient Living*.