

Podcast Shownotes

Episode 23

Exploring The Science of Resilience: Mind, Body & Leadership with Dr. Eva Selhub

Dr. Eva Selhub is an internationally recognized physician, author, speaker, and consultant specializing in resilience, leadership, and integrative well-being. She served as an instructor at Harvard Medical School for nearly two decades and was the Medical Director of the Benson Henry Institute for Mind-Body Medicine at Massachusetts General Hospital.



Her work integrates cutting-edge science, holistic health, and transformational coaching to help individuals and leaders manage stress, build resilience, and thrive in their personal and professional lives.



Dr. Selhub has authored six influential books, including:

- [Resilience for Dummies](#)
- [Your Brain on Nature](#)
- [The Love Response](#)

Today, Dr. Selhub continues to work with **corporate leaders, executives, and individuals**, helping them **optimize health, mindset, and leadership impact** through resilience training, stress management, and holistic healing.

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