

# Change your Mind. Change the World.



**Richard Davidson**

Founder, Center for Investigating Healthy Minds William James and Vilas Professor, Psychology and Psychiatry

## CURRENT RESEARCH

### How neuroscience is informing well-being

In 1992, the Dalai Lama personally challenged Dr. Richard Davidson, of the University of Wisconsin, to investigate how well-being could be nurtured through the amazing insights from neuroscience. Since then, Dr. Davidson and his team have made remarkable progress, publishing over 290 scientific articles and leading the world in this field of research. As the Founder of the Center for Investigating Healthy Minds (CIHM), and named by Time magazine as one of the 100 most influential people in the world in 2006, Dr. Davidson aims to cultivate well-being and relieve suffering through a scientific understanding of the mind. The research conducted at CIHM is a response to the world's pressing challenges including chronic disease, mental illness, and poor emotional balance. CIHM is committed to providing evidence-based solutions to strategies that can promote well-being and decrease suffering in children and adults. The CIHM's ultimate aim is to contribute to the movement toward a kinder, more compassionate world. They do so through three pathways: research, innovation, and movement. Their research findings hope to increase the understanding about mind and how well-being can be cultivated while the innovation pathway aims to develop and disseminate tools that cultivate well-being. Lastly, the movement pathway creates a global shift in people's hearts and minds that embraces the meme that well-being is a skill.

No other organization has the visionary leadership, immense body of successful research to build upon, over \$25M of neuroimaging research technology at the Waisman Center, and the tremendous infrastructure and reputation of the University of Wisconsin, Madison, one of the world's top academic learning...

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## AFFILIATION



University of Wisconsin-Madison

## EDUCATION

- Ph.D., in Personality, Psychopathology, and Psychophysiology, 1976  
Harvard University
- B.A., in Psychology, 1972  
New York University

## RESEARCH AREAS

Humanities, Psychology, Veteran's Causes, Neurological / Cognitive

## FUNDING REQUEST

Your contributions will support the continued research of Dr. Richard Davidson. Your donations will support the necessary \$50M required for advancing research, \$25M for recruiting world-class faculty, and \$16M for building infrastructure. In choosing to support his research you will play a role in increasing understanding about the mind, developing tools that cultivate well-being, and creating a global shift in our understanding of well-being!

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