

Mark Robert Waldman
CEO, NeuroWisdom LLC
Faculty, Holmes Institute (2011-2023)
Executive MBA Faculty, Loyola Marymount University (2009-2019)

Areas of Expertise:

Introducing the new fields of network neuroscience, neuroaesthetics, and neurocognitive poetics to the general public through books, magazine articles, radio and television interviews, social media, and online courses.

In collaboration with Andrew Newberg, MD, at Jefferson University, researching the neurological correlates of mindfulness, spiritual/mystical experiences and meta-awareness and publishing our findings in academic journals and general public books.

Developed the Trauma-Centered NeuroCoaching protocol and teaching the neuroscience of effective communication, relationship dynamics, & leadership training at colleges and conferences throughout the world.

International training of therapists, coaches, and educators in brain-based learning strategies for personal and professional development.

Summary:

Mark Waldman has authored fourteen books and his research in psychology and neuroscience has been published in dozens of peer-reviewed journals throughout the world. He served on the Executive MBA faculty at Loyola Marymount University between 2009-2019 where he developed the world's first NeuroLeadership course. Between 2011-2023 he was on the Holmes Institute faculty where he taught the "Spirituality & the Brain" course, a requirement for graduation in their master's program. He was a founding member and Associate Fellow at the Center for Spirituality & the Mind at the University of Pennsylvania. He was the founding editor of *Transpersonal Review*, an academic literature review journal, and the founding director for the Los Angeles Transpersonal Interest Group.

Education, Supervision & Administrative Positions:

CEO of NeuroWisdom LLC (2019 to present)

Neuroscience Advisor to NeuroGym LLC (2011-2023)

Faculty: Holmes Institute (2011-2023)

Faculty: Executive MBA Program, Loyola Marymount University, Los Angeles (2009-2019)

Associate Fellow: Center for Spirituality and the Mind, University of Pennsylvania, 2006-2011.

Member: Association for Transpersonal Psychology and founding director of the Los Angeles Transpersonal Interest Group (1989-2000)

Member: American Counseling Association (1992-2000)

Society for Evolving the Self-Matrix (training 1980-1987; ministerial credential 1987; board of directors 1985-1989)

University of California, Santa Cruz: BA in Aesthetic Studies, graduated 1973

Book Publications:

NeuroWisdom: The New Brain Science of Money, Happiness, and Success (with Chris Manning, Diversion Books, release date: January 2017)

How Enlightenment Changes Your Brain (with Andrew Newberg, Penguin, 2015)

Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Build Intimacy (with Andrew Newberg, Hudson Street Press, 2012)

How God Changes Your Brain (with Andrew Newberg, Ballantine, 2009)

Why We Believe What We Believe (with Andrew Newberg, Free Press, 2006)

Archetypes of the Collective Unconscious: Reflecting American Culture Through Literature and Art (4 volumes): *Lover, Seeker, Shadow and Healer* (Tarcher/Putnam, April 2003)

The Spirit of Writing: Classic and Contemporary Essays Celebrating the Writing Life (Tarcher/Putnam, 2001)

Dreamscaping: Creative Ways to Work with Your Dreams, with Dr. Stanley Krippner (McGraw-Hill/Lowell House, 1999)

Love Games: Deepening Communication and Resolving Marital Conflicts (Tarcher/Putnam, 2000)

The Art of Staying Together: Embracing Love, Intimacy and Spirit in Relationships
(Tarcher/Putnam, 1998)

Published Peer-Reviewed Academic Articles:

“Comparison of Different Measures of Religiousness and Spirituality: Implications for Neurotheological Research.” Newberg, Wintering, Waldman. Religions Winter 2019-2020.

"A Neurotheological Approach to Spiritual Awakening." Newberg, Waldman, et.al. International Journal of Transpersonal Psychology Fall 2019

“A case series study of the neurophysiological effects of altered states of mind during intense Islamic prayer.” Newberg, Wintering, Yaden, Waldman, Reddin, Alavi. Journal of Physiology (Paris), 2015.

“Development and Evaluation of the Belief Acceptance Scale.” Wintering, Roggenkamp, Moss, Shea, Waldman, Newberg, Journal of Beliefs & Values, 35:1, 48-60, 2014

“Compassionate Communication – A Jesuit Approach to Effective Face-To-Face Business Communication,” Manning, Waldman, Lindsey, Newberg. Presented at the 15th Annual Colleagues in Jesuit Business Education, July 12-15, 2012, Loyola Marymount University Campus by William Lindsey.

“Personal Inner Values: A Key to Effective Face-to-Face Business Communication.” Manning, Waldman, Lindsey, Newberg, Cotter-Lockard. Journal of Executive Education, Vol 11, 2012.

“Effects of an 8-week meditation program on mood and anxiety in patients with memory loss.” Moss, Wintering, Roggenkamp, Khalsa, Waldman, Monti, Newberg. Journal of Alternative Complementary Medicine, 2012.

"Meditation effects on cognitive function and cerebral blood flow in subjects with memory loss: a preliminary study." Newberg, Wintering, Khalsa, Roggenkamp, Waldman. Annals of Neuroscience, 2012.

"Cerebral blood flow differences between long-term meditators and non-meditators." Newberg AB, Wintering N, Waldman MR, Amen D, Khalsa DS, Alavi A. Conscious Cognition, June 4, 2010.

"Religious Experience: Psychology and Neurology." (Roggenkamp, Waldman, and Newberg) In: William P. Banks, (Ed), Encyclopedia of Consciousness, Volume 2. Oxford: Elsevier, 2009.

“Cerebral Blood Flow Effects in Long Term Meditators.” Newberg, Waldman, Wintering, Maffei, Alavi. Journal of Nuclear Medicine 48: 111P, 2007.

“Measurement of Regional Cerebral Blood Flow during Glossolalia: A Preliminary SPECT Study.” Newberg, Wintering, Morgan, Waldman. Psychiatry Research: Neuroimaging, 2006.

Other Publications:

“Science, Psychology, & Medicine: Integrating East and West.” (with John Nelson, MD). *Alternative Journal of Nursing*, August 2004.

“Looking at Indians Through White-Tainted Eyes.” Preface to *Hozho: Walking in Beauty* (anthology by Paula Gunn-Allen). Tarcher, 2001.

“Chicken Soup: The Making of a Jewish Joke.” In *Dancing on the Edge of the World* (anthology by Miriyam Glazer). Tarcher, 1999.

“A World of Dreamers: Reviews and Commentaries.” *Association for Transpersonal Psychology Newsletter*, Summer 1997.

“Understanding Transpersonal Psychology.” *Transpersonale Psychologie und Psychotherapie*, Spring 1996 (Germany).

“Spirituality and Business: Preliminary Comments and Reviews.” (with R. Jue), *Association for Transpersonal Psychology Newsletter*, Summer 1993.

“The Case of Julia: Kundalini or Psychosis?” *Journal of Transpersonal Psychology* 24(2), 1992.

“Integrating Buddhism with Psychotherapy.” *Mindstream*, 2(1), 1992.

“War Diary: Meditations on Violence and the Enemy Within.” *Anima*, 18(1), 1991.

“Reflections on Death.” *Journal of Transpersonal Psychology* 22(2), 1990.