Dr. Amishi Jha, Ph.D  
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Amishi Jha is an Associate Professor of Psychology at the University of Miami, and Director of Contemplative Neuroscience for the Mindfulness Research and Practice Initiative, prior to which she was an Assistant Professor at the Center for Cognitive Neuroscience at the University of Pennsylvania. She received her PhD from the University of California–Davis, and received her postdoctoral training at the Brain Imaging and Analysis Center at Duke University in functional neuroimaging. She studies the neural bases of attention and the effects of mindfulness-based training programs on cognition, emotion and resilience. With grants from the Department of Defense and several private foundations, she has been systematically investigating the applications of mindfulness training in education, corporate, elite sports, first-responder, and military contexts. In addition to her own published body of research, her work has been featured in many outlets including TED.com, NPR, and Mindful Magazine. In addition, she has been invited to present her work to NATO, the UK Parliament, the Pentagon, and at the World Economic Forum.

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