

Elissa Epel, Ph.D., is a Professor and Vice-Chair in the Department of Psychiatry, at University of California, San Francisco. She is the Director of the Aging, Metabolism, and Emotions Center (www.amecenter.ucsf.edu), member of the National Academy of Medicine, and President of the Academy of Behavioral Medicine Research. She is currently the Co-Chair of the Mind and Life Institute Steering Council, which helps guide contemplative research. She studies psychological, social, and behavioral processes related to chronic psychological stress that accelerate biological aging, with a focus on overeating and metabolism, and the telomere/telomerase maintenance system. She focuses on women's health, caregiving, and pregnancy. Epel co-led a U01 focused on developing a mindfulness and nutrition based intervention for low income pregnant women (Epel et al, 2019, could put link here <https://www.ncbi.nlm.nih.gov/pubmed/30993601>). With Nicki Bush, they are now examining effects on offspring. She leads a NIH funded Stress Network, and a Consortium on obesity (COAST) which focuses on sugar, stress, and food addiction. Epel co-wrote "The Telomere Effect: The new science of living younger longer" with nobel laureate Liz Blackburn, which is a New York Times best seller that integrates the science of cell aging with practical daily tips. She has won many awards for her research such as from APA. Her work has been featured in venues such as TEDMED, NBC's Today Show, CBS's Morning Show, 60 minutes, National Public Radio, New York Times, Wall Street Journal, Wisdom 2.0, Health 2.0, and in many science documentaries. In addition to doing research, she enjoys leading meditation retreats with her colleagues.