

# ABOUT THE AUTHOR

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## Joseph Cardillo, Ph.D.



Joseph Cardillo, Ph.D., is a top-selling author in the fields of health, mind-body-spirit and psychology. He is an expert in **Attention Training™** and creative thinking. Dr. Cardillo has taught his methods to more than 20,000 students in various colleges, universities and institutes. He has authored 5 titles—*The Five Seasons: Tap Into Nature's Secrets For Health, Happiness, and Harmony*; *Can I Have Your Attention? How to Think Fast, Find Your Focus, and Sharpen Your Concentration*; *Your Playlist Can Change Your Life*; *Be Like Water*; and *Bow to Life*. .

A regular contributor to the *Huffington Post* and *Psychology Today*, he holds a doctorate in holistic psychology and in mind-body medicine and is a research associate at Mind-Body Medical University. Dr. Cardillo received the prestigious *2011 SUNY Chancellor's Award for Scholarly Research and Creative Activity*.

In addition, he co-writes books for Harvard Health Publications.

Feature articles on Dr. Cardillo's work have appeared in *Smithsonian Magazine*, *The New York Post*, *The Los Angeles Times*, *The Toronto Globe*, *Men's Health*, *Men's Fitness*, *Family Circle*, *FIRST for Women*, *Curve*, *American Fitness Magazine*, *Fitness Magazine*, *Natural Health*, *Natural Solutions* and *GoodHouseKeeping.com*. He was interviewed, based on his book *Be Like Water*, for a documentary film *Looking for Mr. Miyagi*, scheduled for a 2013 release. The film is produced by Emmy-winning producer (and four-time Emmy nominee) David Liban.

**Specialties:** Attention Training™, mind-body health, creative thinking

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