

Amit Sood, M.D., M.S., F.A.C.P.



Dr. Amit Sood is married to his lovely wife of 26 years, Dr. Richa Sood. They have two daughters, Gauri (age 15) and Sia (age 9).

Dr. Sood is the Executive Director of the Global Center for Resiliency and Wellbeing and The GRIT Institute. He is internationally known for his work on stress management, resilience, wellbeing, mindfulness, and burnout.

He is a former Professor of Medicine at Mayo Clinic, director of the Mind-Body Medicine Initiative, and enterprise chair of student life and wellness. He is also the creator of the Mayo Clinic Resilient Mind program.

Dr. Sood completed his residency in internal medicine at the Albert Einstein School of Medicine, an integrative medicine fellowship at the University of Arizona and earned a master's degree in clinical research from Mayo Clinic College of Medicine. He has received several National Institutes of Health grants and foundation awards to test and implement integrative and mind-body approaches within medicine.

Dr. Sood's work has resulted in many resilience and wellbeing programs including Transform and Stress Management and Resiliency Training (SMART®). The programs have been adopted by several hospitals, health systems, and corporate as their resiliency and wellbeing platform.

SMART has been tested in over thirty clinical trials and reaches approximately 50,000 participants each year. It is beneficial for a broad demographic including caregivers, corporate executives, health care professionals, parents, and students. At Mayo Clinic, the program is now available digitally and in-person on an enterprise-wide basis to staff, and it is integrated within the leadership and burnout curriculum and is part of onboarding for physicians, nurses, and medical students.

Dr. Sood has authored or co-authored over 70 peer-reviewed articles, editorials, book chapters, abstracts and letters. He has developed award-winning patient education DVDs on topics within integrative medicine ranging from paced breathing meditation and mindfulness to wellness solutions for obesity, insomnia and fibromyalgia. He developed the first Mayo Clinic iPhone app for meditation training. He has also authored multiple books including *The Mayo Clinic Guide to Stress-Free Living*, *The Mayo Clinic Handbook for Happiness*, *Immerse: A 52-Week Course in Resilient Living*, *Mindfulness Redesigned for the Twenty-First Century*.

As an international expert in his field, Dr. Sood's work has been widely cited in the press including *The Atlantic Monthly*, *USA Today*, *Wall Street Journal*, *New York Times*, *Forbes*, *NPR*, *Reuters Health*, *Time Magazine (online)*, *Good Housekeeping*, *Parenting*, *Real Simple*, *Shape*, *US News*, *Huffington Post*, *Mens Health Magazine*, *AARP*, *The Globe and Mail*, *CBS News*, and *Fox News*. He is highly sought after as a speaker on resilience and stress management, presenting more than 100 workshops each year. Dr. Sood's videos including the TEDx talk, *Happy Brain: How to Overcome Our Neural Predispositions to Suffering*, and *A Very Happy Brain*, have been seen by millions of viewers all over the world.

Dr. Sood received the 2010 Distinguished Service Award, the 2010 Innovator of the Year Award, the 2013 Outstanding Physician Scientist Award and the 2016 Faculty of the Year Award from Mayo Clinic. He also was honored as the Robert Wood Johnson Health Care Pioneer in 2015. *The Intelligent Optimist* (formerly *Ode Magazine*) selected Dr. Sood as one among top 20 intelligent optimists helping the world to be a better place. In 2016, Dr. Sood was selected as the top impact maker in healthcare in Rochester, MN. Dr. Sood serves on the wellbeing advisory board for Everyday Health.