



*“A soldier really walks the walk of a hero’s journey. There is endless growth and endless transformation.”*

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## DR. LISA MILLER

NYT Bestselling Author of *The Spiritual Child*  
and Professor at Columbia University

Dr. Lisa Miller, the author of [The Spiritual Child](#) and [The Awakened Brain](#), joins Joe in this powerful episode to discuss the science behind spirituality. Dr. Miller shares her findings on the neurological effects of spirituality and how it can help combat depression and anxiety, make us more resilient, and lead us to living more fulfilling lives.

[Click here](#) to listen to the episode

## Meet Dr. Miller

**Lisa Miller, Ph.D.**, is the New York Times bestselling author of *The Spiritual Child* and a professor in the Clinical Psychology Program at Teachers College, Columbia University. She is the Founder and Director of the Spirituality Mind Body Institute, the first Ivy League graduate program and research institute in spirituality and psychology, and has held over a decade of joint appointments in the Department of Psychiatry at Columbia University Medical School. Her innovative research has been published in more than one hundred peer-reviewed articles in leading journals, including *Cerebral Cortex*, *The American Journal of Psychiatry*, and the *Journal of the American Academy of Child and Adolescent Psychiatry*.

Dr. Miller is Editor of the Oxford University Press Handbook of Psychology and Spirituality, Founding Co-Editor-in-Chief of the APA journal *Spirituality in Clinical Practice*, an elected Fellow of The American Psychological Association (APA) and the two-time President of the APA Society for Psychology and Spirituality. A graduate of Yale University and University of Pennsylvania, where she earned her doctorate under the founder of positive psychology, Martin Seligman, she has served as Principal Investigator on multiple grant funded research studies. Dr. Miller speaks and consults around *The Awakened Brain* and *The Spiritual Child* for the US Military, businesses (including tech, finance, HR and sales), personal development, faith based organizations, schools and universities, and for mental health and wellness initiatives. (Bio Courtesy of [www.Lisamillerphd.com](http://www.Lisamillerphd.com))

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