

Fred Luskin

MYT Presenter, Co-Founder, & Founding Psychologist

Dr. Luskin founded and currently serves as Director of the Stanford University Forgiveness Projects. He is also Senior Consultant in Health Promotion/Wellness at the Stanford University Health Center and Department Chair in Clinical Psychology at Sofia University. At Stanford, Dr. Luskin teaches classes on Positive Psychology, The Art and Science of Meditation, Forgiveness, Wellness, Flourishing and The Psychology of Storytelling to undergraduate and graduate students. Dr. Luskin teaches for the Stanford Executive Education Program and conducts numerous workshops and staff development trainings in relationship enhancement, stress management and positive psychology through the Stanford Be Well program.

Dr. Luskin is the author of the best-selling books *Forgive for Good: A Proven Prescription for Health and Happiness* and *Forgive for Love: The Missing Ingredient for a Healthy and Happy Relationship*. His book, *Forgive for Good* is the best-selling self-help book published on the topic of forgiveness. His research has shown that the *Forgive for Good* forgiveness methodology leads participants suffering from a wide range of concerns to improved physical and mental health.