



Dr. Niraj (Raj) Nijhawan is a practicing physician. He was raised in Milwaukee, WI, graduated from the University of Wisconsin Medical School in 1992, and completed a medical residency in Anesthesiology/Critical Care at the Medical College of Wisconsin. Dr. Nijhawan received a National Institute of Health Scientist Training Grant where he acquired a Master's Degree in clinical research, became a clinical scientist, and designed and conducted medical research. He is also a healthcare leader and was recruited to run and build several medical departments in a variety of hospitals and healthcare systems. Dr. Nijhawan has spent nearly 30 years cataloging, practicing, teaching, and helping people integrate the latest knowledge from the realms of medical, social, and neuroscience into their lives. Dr. Nijhawan provides lectures several times per week to audiences including athletes, nursing and medical students, nurses, physicians, non-healthcare corporate executives, non-healthcare organizations, and the public at large. There has been universal acclaim for the presentations as being life-changing, entertaining, and a call to immediate practical action.