



Experian Philosophy Model for Empowering Women for Improved Health, Productivity and Innovation.

Dr. Gary Epler

Harvard Medical School

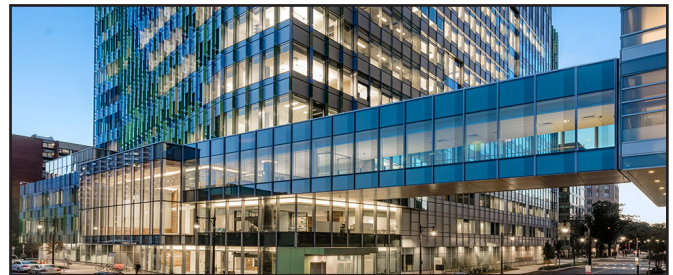
Abstract:

Dr. Gary Epler at Harvard Medical School in Boston has developed the Eplerian Philosophy Model which is a modern-day life philosophy based on brain science defined as “know who you are minute by minute.” This means know your brain region. Learn to stay out of the bad places and move to the good.

Aristotle talked about “knowing yourself” as the beginning of all wisdom and Socrates talked about “an unexamined life is not worth living.” More than 3400 years ago, the words “Know Thyself” were inscribed in granite. These maxims have survived thousands of years, but how do people know who they truly are and how is this helpful for improving women’s health?

The Eplerian Philosophy Model is based on new brain science which has shown there are several different independent brain regions not communicating with each other, and people can only think from one specialized brain region at a time. Thinking from some regions like the prefrontal cortex, creative center and positive relationship center result in a healthy and productive outcome. Two others, the amygdala anger center and the cingulate self-thinking region, result in poor health, decreased productivity, lack of innovation, and disconnection from the community.

The philosophy model is relevant for people, business, and the community. For women, applications include a healthy posture and healthy nutrition moment by moment. Additional applications include learning how to eliminate the harmful effects of stress by managing anger, fear, sadness, worry and anxiety. The philosophy will help manage the many types of self-thinking including self-criticism, self-pity, guilt, judgment and blame. For business, this model can be used to attain zero-level stress at work for increased productivity, innovation and sales. For the community, application will create trust and decrease



fear. Understanding and learning how to use the Eplerian Philosophy Model will empower women to lead high energy, productive, creative and enjoyable lives.

Biography:

Dr. Gary Epler is an internationally known Harvard Medical School professor and bestselling author who has impacted businesses and the lives of people throughout the world through his speaking, books, teaching and consulting. Dr. Epler is a successful serial entrepreneur as a founder and CEO of three companies. He has developed the “Eplerian Philosophy” a modern-day life philosophy for people to live their best lives at home, at work and in the community.

Extended Bio: Dr. Gary Epler is an internationally known Harvard Medical School professor and opinion-leader in health, peak productivity and leadership. He is a bestselling author who has impacted the lives of people throughout the world through his speaking engagements, books, teaching and consulting. He has been called upon by individuals from around the globe who have a rare lung disease called BOOP that he discovered. He has developed the “Eplerian Life Philosophy” which is a modern-day life philosophy for people to live their best lives at home, at work and in society.

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