Aditi Nerurkar, M.D.

Harvard Physician
Author, The Five Resets

Expertise on beating burnout and mastering resilience

Biography

Dr. Aditi Nerurkar, MD, MPH is a Harvard physician with expertise in the science of stress, resilience, and burnout. A vibrant and engaging speaker, Dr. Nerurkar offers insights on optimizing mental health, well-being, and productivity. She leaves audiences energized and empowered to take control of their lives with practical, science-backed, and approachable recommendations that can be applied both immediately and in the long-term.

Topics & Book

Healthcare
Resilience
Mind-Body Medicine
Stress Management
Workplace Wellness
Her debut book, *The Five Resets: Rewire Your Brain and Body for Less Stress and More Resilience* is an accessible health-meets-self-help guide offering a reimagined approach to overcoming stress and burnout using five small but mighty mindset shifts. It was named a “must-read” by Adam Grant and Malcolm Gladwell’s Next Big Idea Club and “best new book” by the *New York Post.* It has also been featured in the *New York Times, NPR, Times of London* and endorsed by Harrison Ford, Katie Couric, Arianna Huffington and Eve Rodsky.

Dr. Nerurkar is on faculty at Harvard Medical School in the Division of Global Health & Social Medicine and serves as the Co-Director of the Harvard Clinical Clerkship in Community Engagement. Previously, she worked in global public health at a World Health Organization collaboration center in Switzerland, as well as a Medical Director at Boston’s Beth Israel Deaconess Medical Center.

Her work has been featured in the *New York Times,* NPR, *Times of London,* the *Wall Street Journal,* *Forbes,* CNN, and *Oprah Magazine.* Her published research can be found in *The Journal of the American Medical Association* (*JAMA*). She is also anon-air medical commentator for various media outlets including MSNBC and NBC News. She is an internationally-recognized *Fortune* 50 speaker who has delivered unforgettable keynotes at the *Forbes* 30 Under 30 Summit, the Harvard Business School Women’s Conference, IBM, Visa, Dell Technologies, and many more.