

Aditi Nerurkar, M.D.

Harvard Physician
Bestselling Author, *The Five Resets*

*Expertise on beating burnout and
mastering resilience*



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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.

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Topics & Book

*Healthcare
Resilience
Mind-Body Medicine
Stress Management
Workplace Wellness*



“One of the best keynotes I’ve ever attended in regards to soft skills! Thank you Dr. Nerurkar for addressing these very important topics.”

“Phenomenal session! You don’t even know you’re in burnout until listening to this session.”

“One of the best General Sessions! Perfect timing and informative. Dr. Nerurkar was a great speaker with an easy-to-follow presentation style and great ability to answer questions off-the-cuff!”

“What a way to kickoff the conference! Timely subject matter and Dr. Nerurkar is a fantastic presenter. This session allowed us to think about ourselves in an everchanging world full of stress and priorities.”

“Dr. Nerurkar gave practical and actionable advice that had a sound medical/psychological basis, which gives me optimism in making meaningful changes. She was an excellent speaker.”

~ a health association meeting

Her bestselling book, *The Five Resets: Rewire Your Brain and Body for Less Stress and More Resilience*, is an accessible health-meets-self-help guide, available in 35 countries and 15 languages, offering a reimagined approach to overcoming stress and improving mental health. It was named a “must-read” by Adam Grant and Malcolm Gladwell’s Next Big Idea Club and featured in . 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. Her next book, on AI and mental health, will be out in 2026.

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, *The Wall Street Journal*, the *Washington Post*, *Time Magazine* and CNN. Her published research can be found in *The Journal of the American Medical Association (JAMA)*. She is also an on-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. Her TED Talk was highlighted on TED homepage. Dr. Nerurkar has a weekly Substack newsletter titled [Mental Health-ish](#).

She was recently named “100 Women to Know in America” for her impactful work in stress and mental health.



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