It’s Time to Talk about Inner PPE.

The virus can beat us biologically. It need not beat us mentally.

Dr. Tracy F. H. Chang
Rutgers University
‘I Couldn’t Do Anything’: The Virus and an E.R. Doctor’s Suicide

Dr. Lorna Breen was unflappable — until she faced a new enemy.
Training & Research

• Resilience Building Tools Study of Healthcare Providers, Harvard Medical School

• Tools for Wellbeing COVID Study of College Students, Rutgers University

• “To enhance your body’s own production of cannabis, try meditation”
Thank You!

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