

Topic Description

Tonights talk, the Science of Happiness, will look at recent studies on understanding happiness. What causes it? What limits our experience of it? What are the neural correlates of happiness and can we develop and expand them? Participants will leave this talk with a tool kit of both psychological and physiological behaviors designed to increase and maintain their experience of happiness.

Introduction

Our speaker today is Dr. Peggi Tabor.

After a career in marketing with the Xerox Corporation during which she designed and delivered training programs to Xerox manager both in the US and abroad, Peggi traveled to Africa with the US Peace Corps. There, living in a remote village, she helped villagers start micro businesses and worked with traditional healers to battle the AIDS pandemic.

Dr. Tabor is a certified integrated wellness coach. She holds a MBA in marketing and communications, a Masters degree in Metaphysical Science, and a PhD in Philosophy.

Today her talk is going to be on the science of happiness - how we can use contemplative neurology, psychology, and everyday behavioral adjustments to help us maintain resilience, optimism and strength during this Covid Pandemic.