

# Arlene R. Taylor PhD

## CV



Arlene R. Taylor PhD is often referred to as the *brain guru*. She specializes in simplifying the complex topic of brain function, with the goal of helping individuals learn to thrive by design.

Taylor has spoken to countless people in various venues both nationally and internationally. Her charismatic delivery and the practical and accessible way she shares brain function information is as highly entertaining as it is informative, culminating in empowering thousands to adjust their thinking to better adjust their 'lives.'

Whether via keynote presentations, seminars, consulting, coaching, electronic media, or her numerous books Taylor's impact have spawned success stories from the four corners of the globe. Her profound and illuminating seminars are life-changing, making Taylor one of the most sought after lecturers on the planet.

[www.arlenetaylor.org](http://www.arlenetaylor.org)  
[www.LLM.life](http://www.LLM.life)  
[thebrain@arlenetaylor.org](mailto:thebrain@arlenetaylor.org)

President & Founder of Realizations Inc—  
a nonprofit corporation that focuses on brain function  
research and provides related educational resources

P O Box 2554  
Napa, CA  
94558-0255 USA

## Selected Professional Activities

- Founder and President of Realizations Inc, a nonprofit corporation
- Brain-function specialist, author, internationally known speaker and consultant
- Creator of *Taylor-on-the-Brain* seminars and *Brain Talk* video series

- Member National Speakers Association
- Member International Professional Speakers Bureau
- Member Motivational Speaker Academy
- Member Zippii.com
- Diplomate NCCA Board, National Christian Counselors Association (NCCA), Sarasota, FL <http://www.ncca.org/home.html>
- Brain-function consultant for global organizations, hospitals, schools, and corporations
- Author of books, CDs, DVDs, articles, syllabi, podcasts, blogs, and radio/video scripts
- Mentor, Sonoma State University (Bachelor/Master levels), California Coast University (Doctoral level)
- Regional Director for Infection Prevention and Control, Compliance, Quality, Regulatory, and Risk for Adventist Health Systems, Northern California
- Radio Host & producer for *Taylor-on-the-Brain*, *Living Profiles*, and *Success Talk*
- Television appearances including: It Is Written Oceania, Hope Channel, Channels 11 and 19, 3ABN satellite TV, Lifestyle Magazine

## What People Say

My wife and I were able to attend three of Dr. Taylor's recent presentations in Torrance, California, and were awed by the experience. My wife is a clinical psychologist and we attend at least one health-related presentation each month, including the excellent Torrance Memorial Advantage program forums. Quite seriously, Dr. Taylor's presentations were simply the best I have ever attended. Her communication skills are stunning; my attention never strayed, and I learned so much of value.

—Richard Sherwood, Torrance, CA

You were quite a hit at our annual Teachers' Education Day! As you well know, individuals who themselves are accustomed to being up front and presenting can make for a challenging audience. In this case, even the stacks of papers some teachers brought with them to grade were being ignored! Not only that, many people came to us throughout the day with incredibly positive comments and appreciation for what you shared in your presentation: *How to Deal With Male-Female Differences in the Classroom*. Thanks so much for continuing to work with us on a date. You made a difference for kids! And thanks for posting your PowerPoint® slides on your website so the teachers can access them.

—Berit von Pohle, Superintendent of Schools, NCC  
bvonpohle@nccsda.com

To use a power word now in vogue to describe you and your seminar—AWESOME! That is how Mary and I felt about your seminar, ***The Brain Program***. In 45 years of academic pursuit and professional career, I have attended a lot of seminars. Let me be bold and say you, your material, delivery, presentation style—the whole thing was in the top 1%-2% of any I have ever attended. Many thanks.

—Stanley Charles Knapp, MD, MPH  
Historian Consultant for 'Hacksaw Ridge' motion picture  
Chairperson, North Carolina Coalition  
charles@roosterridge.com

Thank you for the marvelous presentation you gave to our "Healthy U" organization. In addition to being an articulate speaker, you have a gift of magically connecting with each individual in your audience. Your words are food and water to thirsty souls. You leave people feeling better about themselves as a result of having met you. You are a rare gem and we treasure you! Oceans of thanks!

—Charlie Bowman, Coordinator, Healthy U  
BowmanCM@AH.org  
916.781.4650

I want to express my deep gratitude for your participation. It was thought-provoking; you had the attendees at the edge of their seats. The concepts shared continued to be repeated and discussed by many during the rest of the day. It was fun observing the dynamics and the laughter generated as a result of the various nuggets from your lectures. Again, thank you for your participation.

—Ramiro A. Cano, President CCC  
2820 Willow Avenue, Clovis, CA 93612

Thanks so much for your insights during ***The Brain Program***. I actually team-teach a class in which we use the MBTI and other inventories (SDI, LBA II, and FIRO-B) and found your work with the BTSA not only terribly compelling, but a great enhancement to address some gaps in these other instruments. Continued thanks to you and for the light you bring into so many lives!

—Ron Williams, Coordinator of Re-entry Student and Veterans Programs and Services  
University of California at Berkeley <http://trsp.berkeley.edu>

Refer to ***What People Say*** on website for additional information.

## Publications

Taylor has authored or co-authored multiple brain-function and health-related educational resources

### Longevity Lifestyle Matters

- Longevity Lifestyle Matters – paperback, audio, eBook
- LLM Companion Notebook – Paperback
- Longevity Lifestyle Matters – Brain-based 12-week Program

### Brain-Related Books

- Age-Proofing Your Brain, 2<sup>nd</sup> Edition
- Age-Proofing Your Memory (four versions)
- Your Brain Has a Bent (not a Dent), 3<sup>rd</sup> Edition
- Beyond the House of Silence
- Brain Benders

#### Chronicles Series

- Chronicles of the Littlest Dolphin
- Chronicles of the Jungle King
- Chronicles of the Alabaster Owl

#### Adventures Series

- Adventures of Aimi
- Adventures of Stella
- Adventures of the Longevity Mystery Club

#### Contributing author in:

- Inspiring Hope ISBN 978-1-60037-640-5
- Extreme Excellence ISBN 978-1-60013-337-4

Brain Talk: [https://www.youtube.com/playlist?list=PLTkG5G9fU6KFO-t54vSmkvJQrvri\\_15E1](https://www.youtube.com/playlist?list=PLTkG5G9fU6KFO-t54vSmkvJQrvri_15E1)

Taylor on the Brain: <https://www.youtube.com/user/braingurutaylor>

## Education

Bachelor of Science Nursing with a Public Health Nursing Certificate and a Health and Development lifetime credential for school nursing K-14. Loma Linda University, Loma Linda, CA, USA <http://llu.edu/>

Master of Science in Epidemiology and Health Education  
Columbia Pacific University (CPU), 1983, Mill Valley, CA, USA

Doctor of Philosophy in Health & Human Services with an emphasis in Contemporary Women's Issues; Columbia Pacific University (CPU), 1988, San Rafael, CA, USA

Doctor of Philosophy with an emphasis in Brain function with an emphasis in issues of addiction, abuse, and recovery; Biblical Life College and Seminary, 1993, Marshfield, MO, USA

## Assessments

1. Identifying Your Brain Bent
2. Sensory Preference Assessment
3. EAI Assessment
4. Relationship Evaluation Assessment
5. Work Task-Energy Evaluation
6. Prolonged Adaptive Stress