

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. She has spoken to thousands in various venues nationally and internationally.

Her charismatic delivery and the practical and accessible way in which she shares brain function information is as highly entertaining as it is informative, culminating in empowering thousands to alter their thinking in order to improve their health and longevity.

Whether via keynote presentations, lectures, seminars, consulting, radio and television interviews, coaching, electronic media, or numerous articles, mini-monographs, and books, Taylor's impact has spawned success stories from the four corners of the globe. Her profound and illuminating seminars are life-changing, making her a sought after speaker around the world.

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

Brain-function specialist, author, internationally known speaker, and consultant, with a
quarterly electronic Brain Bulletin, SynapSez®, and weekday brain blogs

Continuing Education Provider for nursing C. E. courses, California Board of Registered
Nurses (BRN) Provider # 08580

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Selected Professional Activities

- Creator of *Taylor-on-the-Brain* seminars and *Brain Talk* video series
- Host and producer for *Living Profiles*, *Causerie*, *Success Talk*, and *Taylor-on-the-Brain*; Guest appearances on radio and television
- Author of books, CDs, DVDs, articles, mini-monographs, brain bulletins, syllabi, podcasts, blogs, and radio/video/television scripts
- Member National Speakers Association
- Listed with the International Professional Speakers Bureau
- Diplomate, National Christian Counselors Association (NCCA) Board, Sarasota, FL
<http://www.ncca.org/home.html>
- Speaker for the St. Helena Center for Health, including: the McDougall Program, Smoke-Free Life, Lifestyle Improvement, and St. Helena Recovery Center
- Adventist Health Systems Northern California: Regional Director for Infection Prevention and Control, Compliance, Quality, Regulatory, and Risk

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
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 on the brain. 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, Email: charles@roosterridge.com

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*. You made a difference for kids! Thanks for posting the PowerPoint® slides on your website so the teachers can access them.

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

- I want to express my deep gratitude for your participation in our recent convention. 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 your presentation of *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 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
Re-entry Student and Veterans Programs and Services
University of California at Berkeley <http://trsp.berkeley.edu>

Licensure

- Registered Nurse – California, License #N159271
- Public Health Nurse – California, Lifetime Certificate #9711
- Health and Development Credential – California, Lifetime Certificate #GS93072
- Licensed Temperament Therapist - NCCA #0027485
- Licensed Clinical Counselor - NCCA #7347678

Publications

Taylor has authored or coauthored multiple brain-function and health-related articles and other educational resources. Some of her books are listed below.

- Longevity Lifestyle Matters – a brain-based 12-week program including:
 - Longevity Lifestyle Matters – paperback, audio, eBook
 - LLM Companion Notebook – Paperback, eBook
 - Adventures of the Longevity Mystery Club – paperback, audio, eBook
 - LLM Certified Facilitator training course
 - Longevity Lifestyle matters Expedition Game
- Age-Proofing Your Brain, 2nd Edition – paperback, audio, eBook
- Age-Proofing Your Memory (four versions) – paperback
- Beyond the House of Silence – paperback
- Brain Benders – paperback
- Your Brain Has a Bent (not a *Dent*), 3rd Edition – paperback, audio, eBook
- Chronicles Series
 - Chronicles of the Littlest Dolphin – paperback, eBook
 - Chronicles of the Jungle King – paperback, eBook
 - Chronicles of the Alabaster Owl – paperback, eBook
- Adventures Series
 - Adventures of Aimi – paperback, audio, eBook
 - Adventures of Stella – paperback, audio, eBook
 - Adventures of Buddy-the-Beagle (in process)
 - Adventures of the Longevity Mystery Club – paperback, audio, eBook
- Contributing author in:
 - Inspiring Hope ISBN 978-1-60037-640-5
 - Extreme Excellence ISBN 978-1-60013-337-4
- Bi-monthly column for 'The Signs' magazine, Australia

Brain Talk: https://www.youtube.com/playlist?list=PLTkG5G9fU6KFO-t54vSmkvJQrvri_15E1

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

Education

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

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

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

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

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 Syndrome Questionnaire

Recognition

- Alumna of the year, Loma Linda University School of Nursing, 1989
- Life Member of *Madison Who's Who, Madison Executive and Professional Registry*, published in the 2007-2008 edition
- Recipient, *American Medal of Honor for Brain-Function Education*, American Biographical Institute Inc, #22 of 100, 2001
- *International Woman of the Year*, The International Biographical Center of Cambridge, England, 1991

Additional information available at www.ArleneTaylor.org