

# Arlene R. Taylor, PhD

To paraphrase Oscar Hammerstein II (South Pacific):  
"There is nothing you can name that is anything like *the brain*."

—Arlene R. Taylor



Brain-function specialist, writer, musician, and internationally known speaker, Taylor is principal author of the 12-week brain-based *Longevity Lifestyle Matters Online* program—how to stay healthier and younger for longer (LLM Online). She also authored the 32-module DSM-5 based *Mental Health & Wellness* program. A recipient of the American Medal of Honor for Brain-Function Education from the American Biographical Institute Inc (#20/100, 2001), she was named alumna of the year 1989, by Loma Linda University Nursing Alumni Association.

Taylor holds two earned doctorates, a life membership in the *National Registry of Who's Who*, 2000 edition, and membership in the National Speakers Association. Four video series are available on YouTube.

**LLM Online program** - [arlenetaylor.org/llm-online](http://arlenetaylor.org/llm-online) (Longevity Lifestyle Matters or LLM).

**Mental Health & Wellness program** - [Pheccinc.com](http://Pheccinc.com)

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**Blog** - [arlenetaylor.blogspot.com](http://arlenetaylor.blogspot.com)

**YouTube Channel** - [www.youtube.com/user/braingurutaylor](http://www.youtube.com/user/braingurutaylor)

Brain Secrets - Ask Dr. Taylor™

EQ Magic - Ask Dr. Taylor™

Smarter Kids - Ask Dr. Taylor™

Ask Dr. Taylor in the DMs™

Ask Dr. Taylor - Brain Bytes™



**Social media** - [allmylinks.com/brainfunctionguru](http://allmylinks.com/brainfunctionguru)

**Brain Bulletin SynapSez®** - <https://www.arlenetaylor.org/brain-bulletins>

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