



You are invited to a webinar

“The Science of Happiness”

by

Dr. George Chrousos

Saturday, February 19, 2022  
1:00 PM (ET)

Finding happiness and meaning in life has been a subject of intense study in both the Western and Eastern ancient worlds. Socrates and his pupils, Aristotle, and three Ancient Greek philosophical currents, the Stoics, the Sceptics and the Epicureans, provided the first definitions of happiness and suggested ways to both alleviate suffering and to attain contentedness. Modern science and biology have helped us understand the underlying mechanisms of reward and punishment that regulate most aspects of human behavior. This knowledge now provides a solid logical background for the successful pursuit of the best possible level of sustained happiness.

[Click here to register for the zoom presentation](#)



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**George P. Chrousos MD, ScD, MACE, MACP, FRCP**

**George P. Chrousos is Professor of Pediatrics and Endocrinology Emeritus, Holder, UNESCO Chair on Adolescent Health Care, Director of the University Research Institute on Maternal and Child Health and Precision Medicine, National and Kapodistrian University of Athens, and Head of the Laboratory of Endocrinology and Metabolism at the Biomedical Research Foundation of the Academy of Athens. Professor Chrousos pioneered studies that elucidated the effects of stress on the organism at the behavioral, neuroendocrine, cellular, and molecular levels and made fundamental contributions to the understanding, diagnosis and treatment of pituitary, adrenal and stress-related complex pathologies, i.e., major depression, obesity/metabolic syndrome, and autoimmune and inflammatory, reproductive, and sleep disorders. He made seminal observations in the glucocorticoid signaling system of the cell and deciphered some of its key clinical implications. His work has been cited over 172,000 times (H-index 199) (Google Scholar Aug 2021) and he has been a *highly cited* physician-scientist (ISI) in both *Clinical Medicine* and *Biology and Biochemistry*. He is among the 200 most cited scientists in the world. He is the recipient of 2014 Conrad Koch Award of the US Endocrine Society and Holder of the 2011 John Kluge Chair on Technology and Society of the US Library of Congress. He is an elected member of the *Academia Europaea* and the *US National Academy of Medicine*. [Register here for the zoom presentation.](#)**

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