



Itai Ivtzan

University of East London

Dr Itai Ivtzan is passionate about the combination of psychology and spirituality. It makes his heart sing. He is convinced that if we befriend both psychology and spirituality, and succeed in introducing them into our lives, we will all become super-heroes, and gain super-strengths of awareness, courage, resilience, and compassion. Isn't this an amazing prospect? Dr. Itai Ivtzan is a positive psychologist, senior lecturer, and program leader of MAPP (Masters in Applied Positive Psychology) at the University of East London (UEL). He is also an honorary senior research associate at University College London (UCL).

Over the past 15 years, Dr. Ivtzan has run seminars, lectures, workshops and retreats in the UK and around the world, at various educational institutions and at private events. He is a regular keynote speaker at conferences. He published several books, as well as many journal papers and book chapters. His main areas of research are positive psychology, mindfulness, and spirituality. Dr. Ivtzan is confident that mindfulness meditation has the power to change individuals – in fact, whole societies – for the better. Accordingly, he has been investing much time in studying mindfulness academically, writing books about it, teaching it, and training mindfulness teachers. He is the author/co-author of:

- *Awareness is Freedom: The Adventure of Psychology and Spirituality*
- *Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing*
- *Second Wave Positive Psychology: Embracing the Dark Side of Life*
- *Applied Positive Psychology: Integrated Positive Practice*

If you wish to get additional information about his work or contact him, please visit www.AwarenessisFreedom.com