

Stephen Post, Ph.D.

Stephen G. Post is Director of the Center for Medical Humanities, Compassionate Care and Bioethics in the School of Medicine, Stony Brook University (SUNY). From 1998 through 2008 he was Professor of Bioethics, Philosophy and Religion in the School of Medicine, Case Western Reserve University. He is recognized internationally for his work on the unselfish compassionate love at the interface of science, ethics, religious thought, and behavioral medicine. In addition, he is a recognized expert on the spiritual and ethical aspects of caring for persons with dementia. His most recent book, published with Broadway Books is *Why Good Things Happen to Good People: The Exciting New Science That Proves the Link Between Doing Good and Living a Longer, Happier, Healthier Life* (with Jill Neimark). www.whygoodthingshappen.com

Post began writing on the subject of altruism and the spirituality of love at the age of 16, for which he received honors at St. Paul's School in New Hampshire. His college focus on the evolution of altruism led to a research assistantship at Cornell Medical School, focusing on the endocrinology of altruism. He completed his Ph.D. at the University of Chicago Divinity School (1983), where he received a "distinction" for his dissertation on agape love and human fulfillment, was elected a University Fellow, and taught in the Pritzker School of Medicine. He has continued to focus on the theme of altruism and love over the entire course of his career across a variety of disciplines. During the 1990's his research on the dynamics of compassionate love in the lives of persons with dementia and their caregivers resulted in his being elected member of the Medical and Scientific Advisory Board of Alzheimer's Disease International. Post served on the National Ethics Advisory Board for the Alzheimer's Association, and was recognized in 1998 for "distinguished service" by its national board. In 2004 Post was elected a Distinguished Fellow of College of Physicians of Philadelphia. His research has been supported by the National Institutes of Health, the National Endowment for the Humanities, the Ford Foundation, and various other entities.

Post was selected by Sir John Templeton as Founding President of the Institute for Research on Unlimited Love - Altruism, Compassion, Service, which was founded in 2001 with a generous grant from the Templeton Foundation (www.unlimitedloveinstitute.com). The Institute facilitates research, writing, conferences, and courses at the interface of science, spirituality, health, and love for humanity. Through the Institute, he has funded more than seventy studies at major American universities in this emerging new field. He has chaired nine national conferences, and delivers numerous invited lectures in the United States and abroad.

Dr. Post has published over 130 articles in peer-reviewed journals such as *Science*, *The International Journal of Behavioral Medicine*, *Annals of Internal Medicine*, *The Journal of Religion*, *The American Journal of Psychiatry*, *The Journal of the American Medical*

Association, and The Lancet. He has written seven scholarly books on love, and is also the editor of eight other books, most recently including *Altruism & Health: Perspectives from Empirical Research*, and *Altruism and Altruistic Love: Science, Philosophy and Religion in Dialogue*, both published by Oxford University Press. He is also editor-in-chief of the definitive, five-volume *Encyclopedia of Bioethics*. Post lives in Stony Brook with his wife, Mitsuko, and their two children, Emma and Andrew. They worship regularly in the Episcopal Church. stephen@stephengpost.com www.stephengpost.com