

Rahul Jandial

AUTHOR · SCIENTIST

Dream Specialist, Neuroscientist & Brain Surgeon



About:

- **Gender:** Male
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

Engagement Types:

- Speaking

Topics:

- Innovation & Digital Transformation
- Mindfulness & Resilience
- Peak Performance

Biography Highlights

- Founder of International Neurosurgical Children's Association
- Bestselling Author of 'Life Lessons from a Brain Surgeon' and 'This is Why You Dream'
- Expert on Dreaming, Creativity, and Emotional Regulation

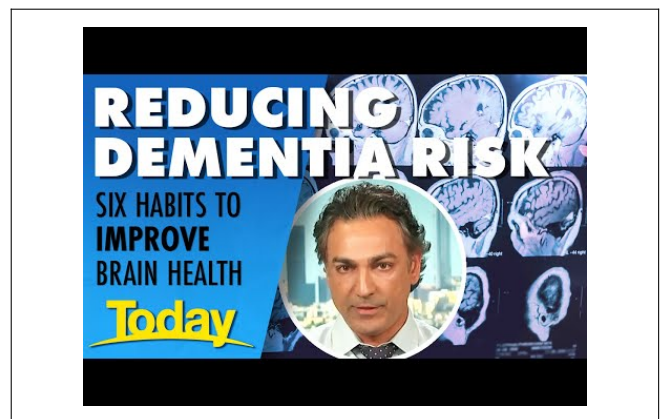
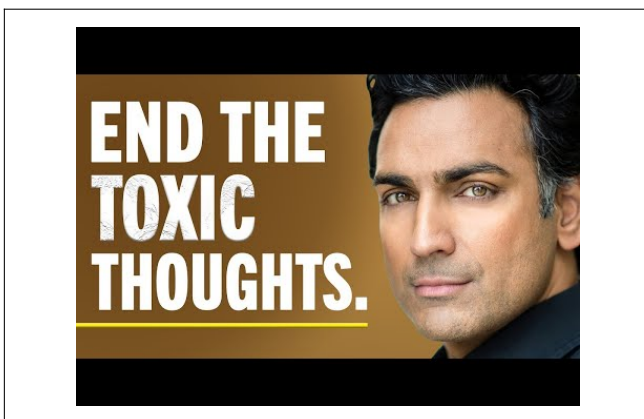
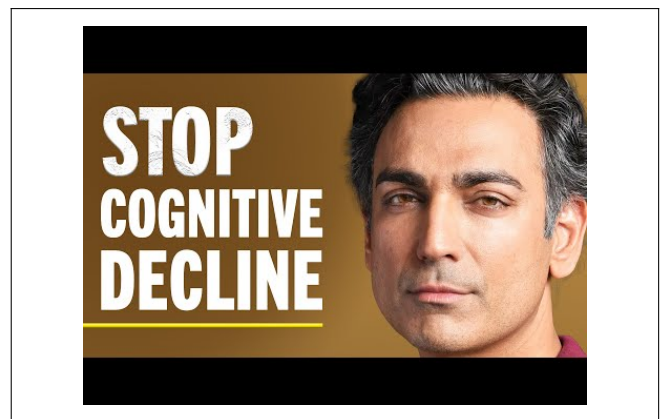
Biography

Dual-trained brain surgeon and neuroscientist Rahul Jandial, MD, PhD, is a Sunday Times bestselling author with books translated into over ten languages. Jandial undertakes complex cancer operations and oversees groundbreaking science at the Jandial Lab in Los Angeles. He is also the Founder of International Neurosurgical Children's Association, where he leads teams to teach and perform pediatric brain surgery in charity hospitals throughout Central and South America, and Eastern Europe. Jandial's first book, *Life Lessons from a Brain Surgeon*, became a Sunday Times Bestseller. His next book, *This Is Why You Dream*, will be published in 25 countries and in 20 translations.

Jandial is a long-term contributor at KTLA-TV in Los Angeles and for the TODAY Show in Australia. He hosted Brain Surgery Live on Nat Geo with Bryant Gumbel for international broadcast and was on FOX's primetime non-scripted Superhuman as a panelist. Jandial has been called "world's most dashing neurosurgeon" (Variety), "the real Dr.

McDreamy” (ABC News), and VICE refers to him as the 100 percent emoji-human version. He has been featured in The Times of London, The Telegraph, Cosmopolitan, Mr. Porter, and GQ, and is an expert for Guardian Masterclasses. Jandial is a compelling speaker who combines masterful storytelling and relatable neuroscience on topics including trauma, resilience, brain training for peak performance, awe, creativity, and more.

Videos



Rahul's Topics

Author Talk: 'This is Why You Dream'

Dream specialist, neuroscientist, and brain surgeon Dr. Rahul Jandial, MD, PhD, dives into dreams as a misunderstood function of the human brain. He explores the evolutionary purpose of dreams, why we dream, and what we can learn from dreaming. Just as in This is Why You Dream, Dr. Jandial's intellectual exploration of dreams as a corollary to waking life opens new worlds for audiences globally.

Ask our agents about book buys and signings with Dr. Rahul Jandial!

Available: In person, Virtually

The Neuroscience of Reducing Stress

As one of the world's leading brain surgeons, Rahul Jandial, MD, PhD, encounters profoundly stressful events on a daily basis. From working on complex cancer operations and groundbreaking research, to traveling the world to teach and perform brain surgery in charity hospitals, Jandial manages the stress of his patients, his team, and himself. Drawing on the latest concepts in neuroscience and his decades of experience, Jandial offers an accessible and empowering analysis of how anyone can learn to reduce negative thoughts, heal trauma, and reduce stress to experience a more fulfilling life.

Available: In person, Virtually

Neurofitness: Boost Performance and Unleash Creativity

Brain surgeon and neuroscientist Rahul Jandial, MD, PhD, explains the bigger picture of brain health and rejuvenation. Sharing unbelievable stories from his operating room, his philanthropic surgical missions, and his lab, he reveals the latest scientific breakthroughs and what they mean for everyday life. Whether audiences are looking to get wired for success at work, increase performance under pressure, improve healthy habits, or unleash creativity, Jandial combines the treatment guidelines he gives to his patients and practical takeaways for optimizing brain function and leading a healthier, happier, more productive life.

Available: In person, Virtually

A Brain Surgeon's Perspective on Loss, Grief, and Resilience

Leading neuroscientist and brain surgeon Rahul Jandial, MD, PhD, shares valuable lessons we can learn from patients confronted with their own mortality. No stranger to life and death decisions, Jandial offers a singular perspective on human nature, and how we can encounter loss and grief with resilience, courage, and hope.

Available: In person, Virtually

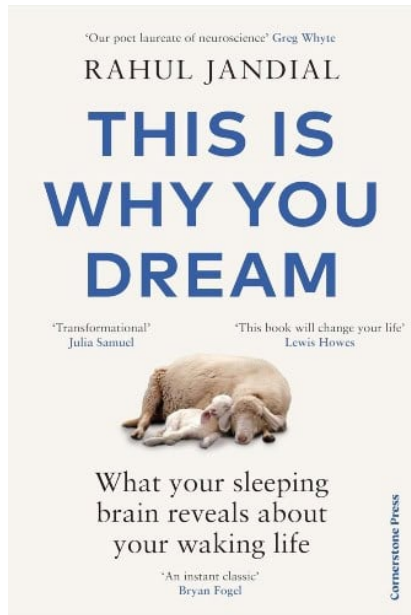
Testimonials

“

Dr. Rahul Jandial was fantastic... a resounding success with our audience. We are enthusiastic about the prospect of having him join our lineup for future events.

Society of Healthy People

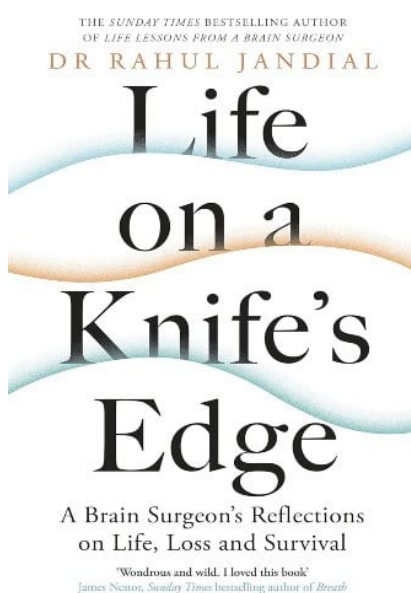
Books



This Is Why You Dream: What Your Sleeping Brain Reveals About Your Waking Life

A TIMES AND SUNDAY TIMES BOOK OF THE YEAR 2024 Harness the neuroscience of dreams to improve your health, boost performance and stimulate creativity 'THIS BOOK WILL CHANGE YOUR LIFE' Lewis Howes 'TRANSFORMATIONAL' Julia Samuel 'OUR POET LAUREATE OF NEUROSCIENCE' Greg Whyte 'AN INSTANT CLASSIC' Bryan Fogel Dreams are a source of mystery. They have changed the course of individual lives and the world, spurring business deals, inspiring art and scientific breakthroughs, triggering military invasions and mental breakdowns. Yet the source of dreams is not mysterious. They are the product of an extraordinary transformation that occurs in the brain each night when we sleep. In this pioneering book, bestselling neurosurgeon Rahul Jandial delves into the dreaming brain and shares stories from his own practice to show the astonishing impact that dreams have on our waking life. He explains how dreaming of an exam might help you score up to 20% higher, why taking a long nap could make you better at problem-solving, and even that certain dream disorders can warn you of serious diseases like Parkinson's years ahead of other symptoms. He offers clear and compelling advice, backed by new research, to become a lucid dreamer, understand your dreaming patterns and unleash their creative power. Sharing the very latest discoveries in modern neuroscience, This Is Why You Dream provides answers to some fundamental questions: Why do we dream? How do we dream? What do dreams mean? And perhaps, most importantly, do we sleep in order to dream?

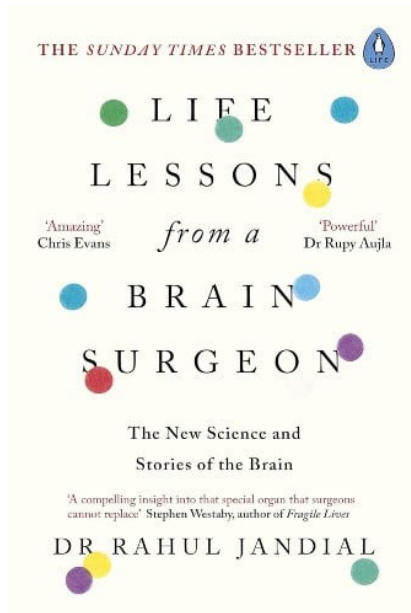
BUY THE BOOK



Life on a Knife's Edge: A Brain Surgeon's Reflections on Life, Loss and Survival

Brought to you by Penguin. As one of the world's leading brain surgeons, Dr Jandial is the last hope for many patients who have extreme forms of cancer - patients who can't be saved, but deserve more time. Life on a Knife's Edge is his account of the resilience, courage and belief he has witnessed in his patients, and the lessons he has learned from them. Both an unflinching account of extreme surgeries and a profound, moving and introspective memoir, this book reveals the depths of a surgeon's psyche who is pushed to his limits, day in, day out. From keeping a gun victim's heart pumping with his own hand to saving a woman from paralysis and performing brain surgery while time is running out on a haemorrhaging patient, we see how making life and death decisions and facing unimaginable pressure has shaped one man's life. Now, he shares the many truths about human nature that he has learned along the way: from how we deal with trauma, loss and threat to our innate belief and sense of self. From a life spent balancing on the line between life and death, above all else, he reveals what it really means to survive.

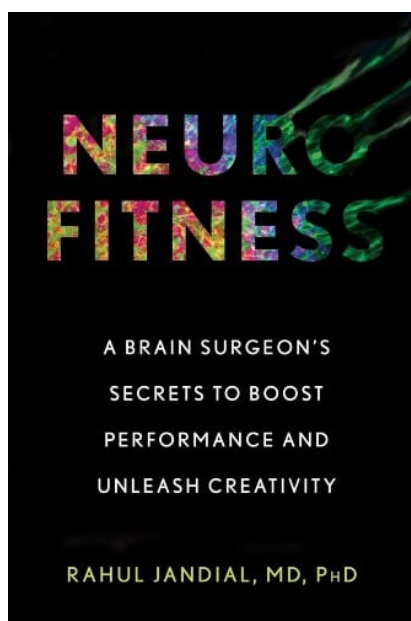
BUY THE BOOK



Life Lessons from a Brain Surgeon: The New Science and Stories of the Brain

THE SUNDAY TIMES BESTSELLER *As heard on Chris Evans' Virgin Radio* 'You're amazing I could talk to you (Rahul) all day' Chris Evans 'This is a gripping new book' The Times World-leading neuroscientist and neurosurgeon Dr Rahul Jandial draws on his years of work with patients suffering from the most extreme cases of brain damage, disorders and illnesses to reveal what they can tell us about the science of the mind. From a languages teacher who has to choose whether to lose her ability to speak Spanish or English after brain surgery, to a former TV exec, now homeless, who discovers that his life-altering despondency is the result of a tumour, to a fainting teen who learns that deep breathing can mean the difference between life or death, these stories uncover the secret workings of the brain. Blending cutting-edge research and beautiful storytelling, Life Lessons from a Brain Surgeon is a vital resource on the best ways to boost your memory, control stress and emotions, minimize pain, unleash your creativity, raise smart kids and reduce the risk of Alzheimer's. This is a deeply practical and readable book, which will take you on an expedition through the anatomy of the most fascinating - and mysterious - of organs. Rahul's new book Life on a Knife's Edge is out now.

[BUY THE BOOK](#)



Neurofitness: A Brain Surgeon's Secrets to Boost Performance and Unleash Creativity

From the operating room, where he performs some of the riskiest surgeries around, to the lab, where he works on leading clinical trials, Dr. Rahul Jandial is on the cutting edge of the latest advancements in neuroscience. This fascinating book draws on Dr. Jandial's broad-spectrum expertise and brings together the best of various fields—surgery, science, brain structure, the conscious mind—all to explain the bigger picture of brain health and rejuvenation. It is a journey into his operating room, around the world on his surgical missions, inside his laboratory, and to the outer edges of neuroscience to reveal the latest brain breakthroughs that are turning science fiction into reality, translating their implications for everyday life. Busting myths along the way, Jandial helps readers get wired for success at work and school, perform better when the pressure is on, boost memory, control stress and emotions, minimize pain, stick to a healthy eating plan, unleash creativity, raise smarter kids, and stay sharp as they age. Combining the treatment guidelines he gives his patients, the most promising concepts from frontier science, and the smartest super-achiever hacks, he provides practical takeaways for optimizing brain function and leading a healthier, happier, more productive life.

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Speaker Bureaus And Talent Agencies

Rahul Jandial is available to book via these agencies

 **Recommended**

EXCLUSIVE



Speaking Agency