

## Short Bio

Michael Pollan is a writer, teacher and activist. His most recent book, *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression and Transcendence*, was published in 2018. He is the author of seven previous books, including *Cooked*, *Food Rules*, *In Defense of Food*, *The Omnivore's Dilemma* and *The Botany of Desire*, all of which were *New York Times Bestsellers*. *The Omnivore's Dilemma* was named one of the ten best books of the year by both *The New York Times* and *The Washington Post*. Pollan teaches writing in the English department at Harvard and at UC Berkeley's Graduate School of Journalism, where he has been the John S. and James, L. Knight Professor of Journalism since 2003. Several of his books have been adapted for television: a series based on *Cooked* (2015) is streaming on Netflix and both *The Botany of Desire* and *In Defense of Food* premiered on PBS. In 2010 Time Magazine named Pollan one of the 100 most influential people in the world. Pollan lives in Berkeley with his wife, the painter Judith Belzer.