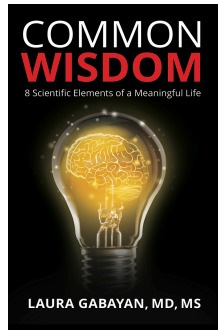


## ABOUT THE AUTHOR and BOOK REVIEWS



**Dr. Laura Gabayan is a world-renowned physician, scientist, researcher, *Psychology Today* Contributor, and Award-Winning Author of 2 books.**



***“Dr. Gabayan has published a well-written and researched book on wisdom. It is clear and concise with regards to the elements of wisdom. There are many ‘self-realization’ books on the market, but this one is user-friendly and very approachable. Thank you, Dr. Laura!”***

- Lynnette Hall,  
Community Engagement Manager for the  
City of Sacramento,  
and 1 of 60 interviewees for  
The Wisdom Research Project.

**ABOUT: DR. LAURA GABAYAN** (aka “Dr. G”, Pacific Palisades /Los Angeles, CA) is a world-renowned physician, scientist, researcher, *Psychology Today* Contributor, and Award-Winning Author of 2 books: “Common Wisdom: 8 Scientific Elements of a Meaningful Life” (March 2024) and “Common Wisdom Journal” (December 2024). To help others, the author created The Wisdom Research Project in 2013 to study wisdom after many medical obstacles forced her to change course. Using applied science and objectivity, Dr. Laura Gabayan developed a clear path to gaining wisdom that can help you live your best life, which is summarized in her books. Internationally regarded as an expert in the field of research, she has received multiple research grants and awards for her work. Dr. Gabayan has also published dozens of academic manuscripts cited by hundreds of researchers, and is committed to excellence in everything she pursues. Dr. Gabayan is a two-time valedictorian (high school and college) who attended UCLA for all her schooling. Along with medical school, she completed three additional years of research education to become a greater expert in research. Dr. Gabayan and her work have been featured on *FOX News At Night*, *FOX 11 Los Angeles*, *KFMG 98.9FM The Culture Buzz*, *ADDitude Magazine*, *The Eden Magazine*, *Authority Magazine*, *BookLife Reviews*, *Great Books Great Minds*, *ShoutOut LA*, *Palisadian-Post* and many top podcasts. <https://lauragabayan.com>

### BOOK REVIEWS

**"Insightful, motivational, inspirational, ‘Common Wisdom’ is exceptionally reader-friendly."**

- *Midwest Book Review*

**"Intuitive debut...Gabayan consistently returns to her eight wisdom elements throughout the guide, with accessible language that makes the counsel easy to follow."**

- *BookLife Review*

**"Eloquent, articular, informatively insightful, motivational, inspirational...‘Common Wisdom’ is exceptionally reader-friendly in organization and presentation."**

- *Great Books + Great Minds*

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