

Dr. Tim Lomas is a senior lecturer in positive psychology at the University of East London, where he has taught since 2013. Tim completed his PhD at the University of Westminster in 2012, where his thesis focused on the impact of meditation on men's mental health. Since 2013, Tim has published over 80 papers and books on topics including positive psychology theory, mindfulness, Buddhism, linguistics, and gender. His work has been featured in articles in prominent publications including TIME, The New Yorker, Vox, Scientific American, and The Atlantic. His current main area of research involves creating a lexicography of untranslatable words relating to wellbeing (please visit www.drtemplomas.com/lexicography for the latest on the project).