

## Erik Peper, Ph.D., BCB



Erik is an international authority on biofeedback and self-regulation.

Since 1970 he has been researching factors that promote healing. He is Professor of Holistic Health Studies at San Francisco State University. He is President of the Biofeedback Foundation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback. He holds Senior Fellow (Biofeedback) certification from the Biofeedback Certification Institute of America. He was the behavioral scientist (sport psychologist) for the United States Rhythmic Gymnastics team. He has a biofeedback practice at Biofeedback Health ([www.biofeedbackhealth.org](http://www.biofeedbackhealth.org)).

He received the 2004 California Governor's Safety Award for his work on Healthy Computing and in 2013 was received the Biofeedback Distinguished Scientist Award in recognition of outstanding career & scientific contributions from the Association for Applied Psychophysiology(AAPB) and was awarded in 2019 Honorary Fellow by AAPB. He is an author of numerous scientific articles and books such as *Make Health Happen*, *Fighting Cancer-A Nontoxic Approach to Treatment*, *Healthy Computing with Muscle Biofeedback*, and *Biofeedback Mastery*. He publishes the blog, *the peper perspective-ideas on illness, health and well-being* ([www.peperperspective.com](http://www.peperperspective.com)).

He is a recognized expert on holistic health, stress management and workplace health and has been featured on ABCNews.com and in GQ, Glamour, Men's Health, the San Francisco

Chronicle, Shape, and Women's Health. His research interests focus on self-healing strategies to optimize health, illness prevention, the effects of posture and respiration, and learning self-mastery with biofeedback.

