



Head of the Institute for Integrative Health Care and Health Promotion at Witten/Herdecke University, School of Medicine, Faculty of Health (Germany)

Tobias Esch, M.D., a 2013-14 German Harkness Fellow in Health Care Policy and Practice (Commonwealth Fund New York), and Visiting Professor of Medicine at Harvard University (2013-2015), is heading the Institute for Integrative Health Care and Health Promotion at Witten/Herdecke University, School of Medicine, Faculty of Health (Germany) since 2016. He is also acting as Full Professor of Medicine (Tenured/Chair) and Vice Dean for Organizational Development. He is also head and founder of the local University Clinic for Integrative Primary Care (Witten).

Prior to his appointment and work at Harvard Medical School, he was a Tenured Professor of Integrative Health Promotion at Coburg University (Germany) – preceded by appointments as Postdoctoral Research Fellow in General Internal Medicine at Universitätsmedizin Berlin (Charité) and in Medicine at Harvard University (Benson Henry Institute for Mind Body Medicine), and a position as Research Associate in Neuroscience at State University of New York. With a background in neurobiology and applied psychology, Esch has focused his work, i.a., on integrative health promotion and patient-empowerment.

Esch has published over 200 peer-reviewed articles in journals such as New England Journal of Medicine Catalyst, JAMA Internal Medicine, BMJ Open, Frontiers in Human Neuroscience, Medical Hypotheses, and is author of eight books and numerous book chapters. Esch is a Fellow and former Co-Chair at Salzburg Global Seminars, acting Deputy Editor-in-Chief at Medical Science Monitor Basic Research and sits on the editorial board for several other medical journals. In 2017, Esch et al. were winner at the German Prize for Health Networkers (Gesundheitsnetzwerker), and his book 'The Self-Healing Code' ('Der Selbstheilungscode') was nominated for the Science Book of the Year (German Speaking Countries). His book 'The Better Half' ('Die bessere Hälfte') - together with his friend Eckart von Hirschhausen, M.D.) became the national number one non-fiction bestseller in 2019.

In 2011, Esch received the Award for Health Promotion and Prevention at the Bavarian Prize for Health Promotion and Prevention, for the implementation of an operating health management system at Coburg University.

Esch received his medical degree from the University of Goettingen in Germany.

Topics (Selection):

- Happiness and spirituality
- What we can learn from the elderly
- More of nothing - Why we need more of the less
- Stress management, mindfulness
- The better half - Why the second half of life is the happier one for many people
- What is the meaning of entrepreneurship