**Joint**

Dr. Sahar Yousef and Lucas Miller are both cognitive neuroscientists and MBA faculty at UC Berkeley’s Haas School of Business.

At Berkeley, Sahar and Lucas run the Becoming Superhuman Lab and teach one of the most popular MBA classes on the Science of Productivity and Performance, which teaches busy professionals how to get their most important work done, in less time, with less stress.

They’ve collectively given over 750 talks and keynotes to knowledge workers in 50+ countries, have advised executive teams at Fortune 100 companies like Google, Visa, and NVIDIA, and have even been invited to speak to the US Congress.

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