Dean Ornish, MD, is president and founder of the Preventive Medicine Research Institute and clinical professor of medicine at the University of California San Francisco School of Medicine. Ornish has worked with heart disease, prostate cancer, diabetes and pre-diabetes, depression and other conditions with a program that includes nutrition, fitness, stress management, and love and support. For his extensive research studies, see the Ornish Lifestyle Medicine website.

00:27 Introduction
02:35 Lifestyle Medicine
08:30 Lifestyle research results
12:30 Programs in medical care and hospitals
17:05 Work with cancer physicians and patients
22:20 Enabling people to make sustainable changes in their lives
35:30 The epidemic of loneliness
47:01 Summary: Michael Lerner