**Dr. Deepika Chopra**, OPTIMISM DOCTOR®,  Visual Imagery & Media Expert, Professional Psychologist, Podcast Host and founder of the popular Things Are Looking Up®️ Optimism Deck of Cards, specializes in the science based cultivation of hope and joy which she often refers to as "evidence based manifestation". Dr. Chopra’s innovative and science based work on Optimism, Hope, Resiliency + Joy has been featured in Forbes, Harpers Bazaar, VOGUE, GOOP, Variety, E!, etc… She is a regular guest on The TODAY SHOW and she has partnered with companies such as COLGATE, FISHER PRICE, IHeartMedia, Amazon, AMEX, and many more. Dr. Chopra specializes in bridging together holistic practices and evidence based science to cultivate self-mastery tools to help clients, couples and corporations (Fortune 100 to small businesses) cultivate their own sense of lasting happiness, resiliency, optimism and success. Dr. Chopra holds a doctorate in clinical health psychology, with a special interest in mind-body connection, sensory based visual imagery, color therapy, innovative cognitive behavioral strategies and strategies and methods to increase optimism and resilience, especially in our digital and technology focused world. Dr. Chopra completed a double postdoctoral fellowship at both the University of California at Los Angeles (UCLA) and Cedars Sinai Medical Center and has been an integral part of the wellness community and a mental health advocate for over a decade.

Since becoming a mother, Dr. Chopra has a special interest in increasing Optimism, Resilience, and Empathy in children and working on empowering women and parents.