



**DR. SARAH SARKIS**  
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## BIO

I am a psychologist, writer, and performance consultant with a private practice in Honolulu, Hawaii (though it won't take you long to discover I'm a Boston girl at heart).

My integrated approach is big on science, low on bullshit, empowering my clients to achieve long term change and growth through an eclectic blend of psychology, neurobiology, and functional medicine.

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## DISCUSSION TOPICS / IDEAS

- General Psychology / Wellness
- Optimal Performance
- Functional Medicine
- Neurobiology / Epigenetics
- Overcoming Self-Sabotage
- How Food, Medicine, & Mood are Connected
- Mindfulness
- Grief & Loss
- Organizational & Executive Consultant

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## PREVIOUSLY FEATURED ON

