

# Brilliant Miller Releases Video Podcast Interview with Adam Stern

*Adam and Brilliant discuss overcoming doubts and imposter syndrome, the power of asking questions, the power of silence, and practicing gratitude.*

SANDY, UT, USA, March 23, 2022

/EINPresswire.com/ -- Adam Stern,

M.D. Adam is the author of

"Committed: Dispatches From a Psychiatrist in Training." It's a memoir Adam wrote about his time learning to become a psychiatrist, which involved overcoming imposter syndrome and learning the value of human connection. Adam is well studied in psychology, medicine, psychiatry, clinical neurosciences, all kinds of smart, academic scientific stuff. But he's a very approachable human being. He's currently an assistant professor of psychiatry at Harvard, and he has won several awards for psychiatry, for writing, and excellence in medical education, and he's also published more than two dozen scholarly publications.

In this [interview](#) for the [School for Good Living](#) Podcast, Adam joins [Brilliant Miller](#) to discuss

“

Whatever it is that you want to do, take the chance and do it.”

*Adam Stern*

overcoming doubts, the difference between being empathic and being empathetic, how those things differ, and how we can become more empathic. Adam shares his thoughts about individuality, knowing what we want, breaking through to the next level for us, and helping others do the same thing. Adam shares a bit about his creative process and what he feels it means to be a writer

and follow your passion, doing what you love for yourself, and the serendipity that often happens in the process.



**SCHOOL FOR  
GOOD LIVING**

School for Good Living Logo



Brilliant Miller Headshot

## Topics Discussed:

- What lead Adam to the world of medicine and Psychiatry
- Overcoming Doubts and Imposter Syndrome
- Empathic versus Empathetic and becoming more Empathic
- Practicing Gratitude: The antidote to a lot of negative feelings
- Actively participating in your own life.
- The power of questions
- The power of silence and accepting it

Watch the interview on YouTube

<https://www.youtube.com/watch?v=syzQcIXv4Pc> and the audio version is

available on Apple Podcasts

(<https://podcasts.apple.com/us/podcast/school-for-good-living-podcasts/id1389591902>),

Stitcher

(<https://www.stitcher.com/podcast/school-for-good-living-podcasts>),

Google Podcasts

(<https://podcasts.google.com/feed/aHR0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW5nLmNvbS9mZWVklw>),

and Spotify

(<https://open.spotify.com/show/2gAkcrCqCeit7H4csjdDGd>).



Adam Stern Podcast Interview



Adam Stern

Visit the Adam Stern guest page at <https://goodliving.com/guests/adam-stern/> or view the entire episode, show notes, and transcript at <https://goodliving.com/podcasts/committed-dispatches-from-a-psychiatrist-in-training/>

Brilliant Miller

Miller Innovation, BLLC

+1 801-200-3049

hello@goodliving.com

Visit us on social media:

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/557845630>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 IPD Group, Inc. All Right Reserved.