

Deborah Khoshaba

Deborah is the Director of Program Development and Training for the Hardiness Institute since 1989. She holds a doctorate in Clinical Psychology, with a specialization in the area of Health Psychology. Over her twenty year career, she has additionally done private practice psychotherapy, taught graduate students in psychology at Pepperdine University from 1992 to 2006, and still teaches undergraduate students at the University of California, Irvine.

She is author of many articles in psychology, and is second author of *Resilience at Work, How to Succeed, No Matter What Life Throws at You*, Amazon Press, 2005.

Deborah is first author of the Hardiness Institute's HardiTraining materials.





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Deborah has many teaching awards: her most recent award was Teacher of the Year for 2008 by the graduating students from the Department of Psychology and Social Behavior, at the University of California, Irvine.

Deborah is also founder of the blog Psychology in Everyday Life that has 150,000+ followers. And, in 2016, her book, *Getting to Oz: The personal journey home to your true self*, won first place in the 10th Annual National Independent Excellence in Publishing Book Award.

Co-founder of The European Hardiness Institute