Meet Julie Lopez, CEO & Human Systems Expert at Dr. Julie Lopez LLC

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By Jim Ries

Jim Ries interviews Dr. Julie Lopez, CEO of Viva Partnership and creator of the Dr. Julie Lopez educational brand, about applying scientific advancements to help people change mood, behavior, and life by leveraging the unconscious. She shares how early trauma shaped her nervous system and inspired her work. Dr. Julie says she is most proud of changing lives through brain-based, body-based, and expressive therapeutics that reduce stress load and can lead to medical improvements. Stress is a “silent killer” and that intellectual insight alone doesn’t create cellular change. She highlights launching Breakthrough Academy programming into organizations through licensing and HR wellness initiatives.