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He received his Ph. D. in psychology from Stanford University in 2000, and was a post-doctoral fellow in Health Psychology at UCLA from 2000 to 2003 working with Shelley Taylor and Traci Mann. He is the recipient of the 2003 Chancellor's Award for Postdoctoral Research from UCLA and is a co-PI with Shelley Taylor and Heejung Kim on a research grant from the National Science Foundation.

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