

Sahar Yousef

Lecturer at Haas School of Business, University of California,
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Cognitive neuroscientist

About

Sahar Yousef is a cognitive neuroscientist and a lecturer at the Haas School of Business. Her 10-plus years of research on "making superhumans" sheds light on how to improve focus, memory, and overall human performance in as little as six weeks. Outside of the academic world, Yousef is the founder and managing director of Becoming Superhuman, a productivity training and consulting firm which teaches busy professionals how to get their most important work done, in less time, with less stress. Her work has been featured in Forbes and Business Insider.

Areas of Expertise

Human Productivity, Cognitive Neuroscience

Education

University of California, Berkeley
PhD Cognitive Neuroscience

University of California, Berkeley
BA Cognitive Science

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