



Dr. Luana
MARQUES

Brief Biography

Dr. Luana Marques is an Associate Professor of Psychiatry at Harvard Medical School, Founder and Director of [Community Psychiatry PRIDE](#) at Massachusetts General Hospital (MGH), and former President of the Anxiety and Depression Association of America. She is the author of the critically acclaimed book, *Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem?*, which has been lauded for its clear and practical approach to effectively dealing with anxiety. Frequently cited as one of the leading experts in Cognitive Behavioral Therapies (CBTs), Dr. Luana has been featured in publications such as *The New York Times*, CNN, *Harvard Business Review*, and more. She also has been a frequent guest on television broadcasts such as *Good Morning America*, *Face the Nation*, and CNN and podcasts including *Ten Percent Happier* and *How to Be Awesome at Your Job*.

Connect with her [@DrLuanaMarques](#)



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL