**About Jeffrey DeSarbo, D.O.**

Dr. Jeffrey DeSarbo is a physician, neuropsychiatrist, author, speaker, and adventurer dedicated to exploring the intersection of brain health and purposeful living. With extensive medical training and a deep passion for understanding how our brains work, Dr. D has devoted his career to helping people unlock their full potential through intentional goal-setting, neuroscience, and bucket list experiences.

In his clinical practice, Dr. DeSarbo provides both in-person and virtual psychiatric care, specializing in the treatment of mood disorders, anxiety, obsessive-compulsive disorder (OCD), and eating disorders. He combines evidence-based medicine with neuroscience-informed therapeutic approaches to help patients achieve greater emotional balance, resilience, and self-understanding.

Having traveled to all seven continents and completed hundreds of bucket list experiences himself, Dr. DeSarbo blends personal adventure with scientific research to demonstrate how bucket listing can literally rewire the brain for success, happiness, and fulfillment. His work bridges science and everyday living—showing that purposeful experiences aren’t just meaningful, but also neurologically transformative.

A close-up of a sign

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(link should go to Request appointment here : DeSarbo312@gmail.com)

ON THE BOOKS PAGE

(And add Lukes Pic and link to his website [www.DeSaroTherapy.com](http://www.DeSaroTherapy.com) with a click here button, where the paragraph mentions him)

**About Dr. Jeffrey DeSarbo**

Dr. Jeffrey DeSarbo is a physician, neuroscience enthusiast, author/speaker and adventurer who has traveled to all seven continents and engages regularly with his own bucket list endeavors. He combines medical expertise with personal adventure to help people unlock their full potential through neuroscience-backed bucket list experiences.

The main titled co-authored with his son, Lukas DeSarbo, LCSW, a psychotherapist who works alongside of Dr. Desarbo, practicing in a manner that bridges scientific research with practical, real-world application.

**BOOK DESCRIPTION FOR THE MAIN BOOK**

Are you ready to transform your life and uncover the hidden potential within your mind? "The Neuroscience of a Bucket List: Getting the Most from Your Brain and Life" is not just a book—it's an invitation to rethink how you approach living. This groundbreaking work delves deep into the science of goal setting, motivation, and fulfilment, blending cutting-edge neuroscience with practical advice to empower readers to craft a life of purpose, joy, and achievement. A bucket list isn't just a wish list of adventures and achievements; it's a powerful tool for reshaping how you think, feel, and live. Through engaging storytelling and actionable insights, this book reveals how your brain responds to meaningful goals and helps you unlock creativity, resilience, and happiness. At its core, this book is about more than setting goals. It's a roadmap to living intentionally, aligning your aspirations with your values, and finding deeper fulfilment. You'll learn how to identify what truly matters, overcome the fear of failure, and stay motivated even when challenges arise. The importance of celebrating milestones and reflecting on progress is woven throughout, ensuring you savor the journey as much as the achievements. You'll explore the science behind dopamine's role in motivation, neuroplasticity's capacity to adapt and grow, and how visualization primes your brain for success. You will learn more about your brain than you ever have known and understand how it operates in the context of living with a bucket list. You will understand how a bucket list life can have brain-related anti-aging properties and learn about the brain regions and networks involved in the bucket list process. With this knowledge, you'll be equipped to harness your brain's potential and achieve more than you ever thought possible. You'll explore the science behind dopamine's role in motivation, neuroplasticity's capacity to adapt and grow, and how visualization primes your brain for success. Learn more about your brain than you ever have known and understand how it operates in the context of living with a bucket list. You will understand how a bucket list life can have anti-aging properties and learn about the brain regions and networks involved in the bucket list process. With this knowledge, you'll be equipped to harness your brain's potential and achieve more than you ever thought possible. What sets "The Neuroscience of a Bucket List" apart is its narrative approach. Alongside science and strategy, you'll find inspiring stories of individuals who transformed their lives with bucket lists. These real-life examples illustrate how ordinary people achieved extraordinary things, from personal growth to life-changing adventures. Their stories will inspire you to envision your own potential and take the first step toward a more fulfilling life. To help you actively engage, the book includes a practical workbook section to create your ideal bucket list. This section provides you with tested step-by-step instructions for crafting a structured bucket list approach to ensure life enhancement. This hands-on component guides you through identifying goals, breaking them into manageable steps, and building habits that align with your vision. To stimulate creative thinking, the book also offers 50 categories to consider and over 650 bucket list ideas to help you get started in your planning. By the end, you'll have a personalized plan to bring your dreams to life while enhancing your brain's natural capacity for growth and resilience.

**THE NEUROSCIENCE of a BUCKET LIST WORKBOOK**

"The Neuroscience of a Bucket List Workbook: The Companion Guide to Transform Your Life" is a dynamic, science-based workbook created to help readers put their dreams into motion through practical, intentional action. As the official workbook to the acclaimed title, "The Neuroscience of a Bucket List: Getting the Most from Your Brain and Life," this guide takes readers deeper into the journey of designing a life that aligns with their values, passions, and purpose—using the transformative power of the brain. This workbook invites readers to do something similar by:

**· Offering thought-provoking exercises and worksheets to uncover what truly matters to them.**

**· Helping individuals identify and overcome mental blocks that prevent progress or dampen motivation.**

**· Present brain-friendly strategies that activate neuroplasticity, boost resilience, and encourage lifelong growth.**

**· Provide creative prompts and planning tools to help readers design meaningful experiences—not just bucket list items.**

Dr. DeSarbo guides newcomers and seasoned adventurers through a process of taking dreams from an idea to reality, one intentional step at a time. With expanded bucket list categories, creative templates, self-tests, surveys, and a flexible format, readers can tailor their personal journey to what fits them. This workbook transforms a wishful 'someday' mindset into practical actions while exploring new challenges, rediscovering passions, or savoring quiet joys. This is more than just a to-do list of adventures; it will help: · Build clarity and confidence through intentional goal setting. · Foster resilience and emotional well-being by stepping outside comfort zones. · Understand and utilize the neuroscience behind meaning, memory, and motivation. · Gain new tools to manage stress and live with gratitude. · Embrace a mindset of lifelong curiosity, contribution, and joy. Whether you're just beginning the journey of a bucket list life or a seasoned bucket lister looking for a fresh approach, this workbook offers the tools, insight, and inspiration to elevate the experience and brain at every step. Individuals looking to enhance their quality of life, foster mental wellness, or explore anti-aging benefits associated with enriched life experiences will be brought into harmony with the art of living well. Let Dr.DeSarbo's expert knowledge and personal passion guide you toward a richer, more intentional existence, one bucket list item at a time.

**DESCRIPTION FOR THE EATING DISORDER SUPPLEMENT to the Neuroscience of a bucket list**

**The Eating Disorder Supplement to *The Neuroscience of a Bucket List***

**By Jeffrey DeSarbo, D.O. and Lukas DeSarbo LCSW**

What if recovery wasn’t just about eliminating symptoms—but about rewiring the brain toward purpose, joy, and self-discovery?

In *The Eating Disorder Supplement to The Neuroscience of a Bucket List*, neuropsychiatrist Dr. Jeffrey DeSarbo and Lukas DeSarbo, LCSW, expand upon the groundbreaking ideas in their original work, *The Neuroscience of a Bucket List*, applying them directly to the treatment and recovery process of eating disorders. Drawing on cutting-edge neuroscience, clinical expertise, and years of treating patients through their specialized ED-180 programs, they reveal how the simple act of creating and pursuing a personal “bucket list” can help rebuild the neural networks disrupted by anorexia, bulimia, and other eating disorders.

Through a unique blend of brain science, storytelling, and practical exercises, this supplement explores how the Default Mode, Salience, and Central Executive Networks can be reactivated to restore curiosity, motivation, and emotional balance. Readers will find chapters on topics such as:

* **The Importance of Intrinsic Motivation** – how a bucket list provides a key component of successful treatment most other interventions lack.
* **Bucket List Brain vs. The Eating Disorder Brain** – how recovery depends on shifting neural dominance from fear and control to purpose and connection.
* **Shame, Perfectionism, and the Fear of Wanting** – understanding the brain’s resistance to desire and how to reframe it through self-compassion.
* **Family & Group Bucket List Work** – how collaborative goals can repair relationships and reawaken joy.
* **The Nuances of a Bucket List as a Treatment Modality** – how to properly utilize a bucket list approach, not as a direct eating disorder recovery goal, but as a safe and effective method for supporting individuals through difficult periods.
* **Rest and Joy as Valid Goals** – redefining recovery beyond achievement.

Both compassionate and practical, this book offers clinicians, patients, and families an innovative roadmap to recovery—one that blends neuroscience, psychology, and the human spirit of adventure. It reminds readers that recovery is not just about eating again; it’s about *living again*.

SPEAKER TAB

Jeffrey DeSarbo, D.O., Neuropsychiatrist

As a lecturer, Dr. DeSarbo has presented locally, nationally and internationally on the topics of the brain, biology and the science of mental health, performance enhancement, cultural psychiatry and eating disorders to both the public and professionals. Dr. Jeffrey DeSarbo is also the author of The Neuroscience of a Bucket List: How to Get the Most from Your Brain and Life (Psyance Publishing, 2025) and its accompanying workbook. With over two decades of experience blending clinical expertise with human performance, he brings a dynamic, engaging, and science-based approach to purposeful living.

His talks explore how goal-setting, novelty, and adventure impact brain health, longevity, motivation, and fulfillment. He has delivered talks and keynote presentations to professional organizations, wellness centers, hospitals, universities and academic institutions, and is now expanding his platform to luxury travelers and lifelong learners seeking insight, inspiration, and personal growth. Dr. DeSarbo practices psychiatry from a biological and neuroscientific perspective with the goal of helping his patients achieve their highest quality of life and performance level both physically and mentally. His clientele ranges from students to international politicians, prominent CEOs, figures in the entertainment industry, Olympic and leading professional athletes, and other physicians and health care providers offering mental health care and psycho/neuro coaching consultations.

A person standing on a stage with a large screen showing the brain

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