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Sundance Mountain Resort Features Neuroscience Professor, Child Psychologist and National Journalist
In its 15th year, the Sundance Author Series Hosts Dr. Matthew Walker, Dr. Meg Jay and Alisyn Camerota

Media Contact:

Trevor Hudspeth, Marketing Manager
TrevorH@sundance-utah.com
801-223-4085

SUNDANCE, Utah – The Sundance Author Series will once again host three authors this fall season for its annual author series: Matthew Walker, Ph.D, author of “Why We Sleep,” Meg Jay, Ph.D, author of “Supernormal” and Alisyn Camerota, author of “Amanda Wakes Up.” Continuing the tradition of the event, these authors will speak about their work, experience and insights.

This is the 15th year for the Sundance Author Series, which strives to highlight authors with a meaningful message and story. Past speakers include notable guests like Jane Hawking, Madeleine Albright, Kathryn Stockett and former president Jimmy Carter.

“We’re excited to welcome Dr. Walker, Dr. Jay and Ms. Camerota to the Author Series,” said Mari Turner, Sundance Programming Manager. “Their expertise and experience in their fields are unique, and we’re grateful for their willingness to teach and discuss such intriguing and important subjects.”

Dr. Walker is Professor of Neuroscience and Psychology at the University of California, Berkeley and the Director of the Sleep and Neuroimaging Laboratory. His research examines the impact of sleep on human brain function, and he has published more than 80 research studies. “Why We Sleep” explores Dr. Walker’s research and explains how we can harness the power of sleep to improve our lives.

Child psychologist and author, Dr. Jay is known for public speaking and insight into early development and adolescence. “Supernormal” explores individuals who soar to unexpected heights after childhood adversity. Dr. Jay has drawn from nearly two decades of work to tell the stories of everyday superheroes.

Cohost of CNN’s morning show “New Day,” Alisyn Camerota has worked as a journalist at FOX, NBC, WHDH in Boston, and other local stations. “Amanda Wakes Up” is her debut novel about a young reporter following her dreams and deciding what she’s willing to give up to get ahead.

Event Information

When:

Matthew Walker, Ph.D.: October 14, 11:30 a.m.

Meg Jay, Ph.D.: November 18, 11:30 a.m.

Alisyn Camerota: December 2, 11:30 a.m.

Where: Sundance Mountain Resort, The Tree Room Restaurant

Cost: \$85 per person. Includes brunch, lecture and discussion, a copy of the book, book signing, and

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gratuity. Alcohol not included. Advance reservations required. Available at sundanceresort.com/authorseries or by calling 866.734.4428.

About Sundance Mountain Resort

Founded by Robert Redford in 1969, Sundance is a destination resort located on 5,000 acres of preserved wilderness. Sundance is dedicated to maintaining the balance of art, nature and community and offers diverse mountain recreation experiences to encourage the cultivation of art and self-expression. The Sundance family of companies includes the Sundance Mountain Resort, Sundance Institute, Sundance TV and Sundance Catalog. For more information on Sundance, call 801-225-4107 or visit our website, www.sundanceresort.com.

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