

Allison Brager is an active-duty neurobiologist and Major in the U.S. Army supporting Special Forces and NATO partners. She has deployed twice in support of the Global War on Terrorism and the COVID-19 pandemic leading the field support hospital at the Javits Center in New York City. She has undergone assessment & selection for the NASA astronaut program at Johnson Space Center (Houston, TX), serving as a semifinalist for the Class of 2020. Her research examines genetic and neurobiological factors of resiliency to extreme stress in extreme environments to include Antarctica and the Central American rainforest and she has done research with Special Forces, ultra-marathon athletes, and other elite professional and Olympic athletes. She has over 45 publications in flagship biomedical journals to include Science, eLife, Neuropsychopharmacology, Journal of Neuroscience, and Sleep. Allison holds an Sc.B. from Brown University and a Ph.D. from Kent State University. Her popular science book, Meathead: Unraveling the Athletic Brain, debunks the myth of “the dumb jock” and chronicles her time as a professional athlete. She believes the key to success in life is planning your career around your lifestyle not your lifestyle around your career.