

# CHOLET KELLY JOSUÉ, MD

## Bahamian. Haitian. American.



### **Emotional Wellness Through Brain Science**

*Dr. Cholet Josué integrates physical brain health with self-empathy, emotional intelligence, and critical thinking to support lasting emotional wellness in individuals and communities.*

Physician and neuroscientist Dr. Cholet Josué (say *sho-LAY jo-ZWAY*) was born in the Bahamas to Haitian parents but lived most of his childhood in Haiti. At age sixteen he was sent to Miami on a Haitian wooden boat and has lived in the United States ever since.

Today, Dr. Josué practices medicine in the greater Washington, D.C., area with a functional and integrative approach, drawing on his special interest in behavioral neurology and neuropsychiatry. He offers empowering tools that call on brain science to integrate physical and emotional well-being.

### **A Neuroscience-Backed Integrative Approach**

“Emotions and behaviors govern our lives,” says Dr. Josué. “The way we interact with people or respond to events impacts everything from physical health to financial well-being.”

Brain science, he says, provides a toolkit for emotional wellness. Self-empathy, emotional intelligence, and critical thinking—each of these tools is useful on its own, but by integrating them with physical brain health, you can achieve lasting emotional wellness and transform your life and relationships.

### ***Twelve Unending Summers: An American Immigrant Success Story***

At the heart of Dr. Josué’s worldview is his immigrant story. His eye-opening book, *Twelve Unending Summers: Memoir of an Immigrant Child*, shines a light on the universal human need to belong.

Travel with him on his terrifying boat ride from Haiti to Miami, and cheer for him as he makes his way through the American immigration process.

The tools he used to survive and thrive are the centerpiece of his work as a physician and neuroscientist today. “Self-empathy teaches us not to feel sorry for ourselves,” he says. “There is a balance in that—to see your flaws and your imperfections and accept them with compassion. Critical thinking, emotional intelligence, and self-empathy carry us as human beings.”

Learn more at [www.drjosue.com](http://www.drjosue.com).

## About Cholet Josué

**Byline BIO:** Dr. Cholet Josué is a Bahamian-born Haitian American author, physician, and neuroscientist. He practices medicine in the greater Washington, D.C., area with a functional and integrative approach, drawing on his special interest in behavioral neurology and neuropsychiatry. His memoir, *Twelve Unending Summers: Memoir of an Immigrant Child*, is available at major booksellers. Visit [www.drjosue.com](http://www.drjosue.com) for guidance on developing your own emotional wellness toolkit.

**Broadcast BIO:** Our guest today is Bahamian-born Haitian American author, physician, and neuroscientist Dr. Cholet Josué [say *sho-LAY jo-ZWAY*]. His experiences as an immigrant and neuropsychiatrist have given him unique insight into how we can integrate physical and emotional brain health for lasting wellness. Welcome to the program, Dr. Josué.

**Full BIO:** Dr. Cholet Kelly Josué is a Bahamian-born Haitian American author, physician, and neuroscientist seeking a home among the three cultures that have played a role in his life. Born in the Bahamas of Haitian parents who wanted their children to experience their ancestral roots, Cholet moved to Haiti with his siblings when he was four years old. There he spent the next twelve years of his life reveling in a simple and decent, if checkered, childhood, until he was sent across the Caribbean Sea in a wooden boat to join his mother in South Florida after the death of his father.

While still an undocumented immigrant, Cholet earned a bachelor of science degree in chemistry from Florida Atlantic University. Then he spent the next six months at the University of Miami law library, preparing to represent himself in the trial of his life: the quest to become a legal resident.

Cholet received his medical degree from Morehouse School of Medicine in Atlanta, Georgia, and did his residency at the University of Illinois at Chicago. Currently he practices medicine in the greater Washington, D.C., area with a functional and integrative approach and draws on his special interest in behavioral neurology and neuropsychiatry. He is a member of the American Medical Association, the American Psychiatric Association, the Maryland Psychiatric Society, the American Neuropsychiatric Association, Onyx Medical Society of Howard County, and the Society for Neuroscience.

His memoir, *Twelve Unending Summers: Memoir of an Immigrant Child*, is available at major booksellers. Visit [www.drjosue.com](http://www.drjosue.com).



## Media Coverage

- America Meditating Radio Show with Sister Jenna: Dr. Josué was a guest on the [America Meditating Radio Show](#), discussing his book *Twelve Unending Summers: Memoir of an Immigrant Child* and offering tools to live our best lives possible (May 2019). To listen to the podcast, click [here](#).
- Awakenings podcast with Michele Meiche: Dr. Josué was a guest on the [Awakenings podcast](#), discussing why we need self-compassion to thrive (July 2019). To listen to the podcast, click [here](#) and advance to 52:24.
- Stoop Storytelling Series Holiday Hootenanny: Dr. Josué was a guest storyteller at [Stoop Storytelling's](#) Holiday Hootenanny at Baltimore's historic Senator Theatre (December 2019). He spoke about a treasured (and humorous!) memory from the holidays in Haiti. To listen to his story, click [here](#).

## Suggested Interview Questions

1. To build fulfilling friendships and family and business relationships, you've said we need emotional intelligence. What is that, exactly?
2. Another essential tool you describe is critical thinking. How does this impact our decision-making process and quality of life?
3. The third brain tool you emphasize is self-empathy. How can that help us grow in emotional wellness?
4. Why is physical brain health so important to true emotional wellness?
5. Talk a little bit about how self-empathy can help us overcome two of life's biggest hurdles: guilt and shame.
6. In your book *Twelve Unending Summers*, you share your American immigrant success story. How did that experience inform your current work in neuropsychiatry?
7. In an age of anxiety and uncertainty, how does self-empathy help build optimism for the future?
8. Which brain tools allow us to live without apology and challenge self-doubt?
9. Which brain tools helped you most when you faced your uphill battle to become an American citizen?
10. How can brain science help people achieve emotional wellness even when they've experienced incredibly challenging or traumatic life events?
11. It's easy to understand how emotional wellness tools empower individuals. How can community and business leaders use them to make socially conscious decisions?
12. Tell us a little bit about the work you've been doing with forecasting. How can emotional wellness patterns predict future behavior at the individual, organizational, and global levels?

## News & Story Ideas

### Unity in Diversity

Acceptance is what makes America great, Dr. Josué says. He draws on his immigrant experience of being “the other” and describes how we can make space for people from marginalized backgrounds.

### Emotional Wellness Through Brain Science

Using behavioral cognitive neuroscience and drawing on his experience as a Haitian immigrant, Dr. Josué outlines tools anyone can use to grow in emotional wellness.

### How to Use Self-Empathy to Conquer Self-Doubt

Self-empathy trains us to accept our flaws and limitations without letting them hold us back, explains Dr. Josué. It also empowers us to break free of toxic relationships.

### Solution: Emotional Intelligence

Emotional intelligence reduces conflict in the workplace, Dr. Josué says. We can use it to reduce conflict in our personal lives too.

### Creating Space for Others

Self-empathy, according to Dr. Josué, is the key to learning how to live in a diverse society while making space for people with different backgrounds, ideas, and experiences.

### Flexible Thinking as a Remedy for Uncertain Times

Neuroscientist Dr. Josué describes how critical thinking helped him overcome challenges as a Haitian immigrant—including finding his path to citizenship. Now, he explains how we can use critical thinking to live empowering, fulfilling lives.

### Your Brain and Your Bucks

Neuroscientist Dr. Josué explains how your mindset can make or break your bottom line.

### Predictive Forecasting with Emotional Wellness

Dr. Josué describes how emotional wellness patterns predict behavior at the individual, organizational, and international levels, and how we can use neuroscience to improve outcomes.

### Brain Tools and Bullies

Dr. Josué explains how people can use self-empathy, emotional intelligence, and critical thinking to effectively reduce bullying and violence in schools.

### Self-Empathy and Optimism

In an age of anxiety and political divisiveness, neuroscientist Dr. Josué points to self-empathy as the key to optimism for the future.

### Conscious Leaders

Dr. Josué explains how community and business leaders can use neuroscience to make socially conscious decisions.

### Self-Empathy in Social Justice Work

The practice of self-empathy prevents burnout, says neuroscientist Dr. Josué. It also makes us better leaders in social justice work.

**Note:** This online press kit is intended for use by the media. If you are a member of the public and are interested in finding out more about Dr. Cholet Josué, please visit his public website at [www.drjosue.com](http://www.drjosue.com). Thank you!

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