

Thomas J. Karas

As Founder and CEO of The Karas Natural Brain Performance Institute, Thomas J. Karas teaches 2 simple ideas: *The more you know about your own brain the better your life will go ...* and *The more active your brain is at any given time the fewer mistakes you will make.* A dentist by profession, Dr. Karas earned his B.S. in Biology from the University of Detroit and his doctorate from the University Of Detroit School Of Dentistry. In 1980, Dr Karas started his private practice in St. Clair Shores, Michigan. Starting almost immediately, Dr. Karas taught at his alma mater, the University of Detroit School of Dentistry, eventually for 23 years, in Behavioral Sciences.



Since a primary responsibility of any Dentist is to mitigate the fear, anxiety and trauma so often connected with dental treatment, starting in 1996 Dr. Karas dedicated himself to finding a way to reduce the stress connected with “going to the dentist”. The outcome was that an unpredicted but even more broadly applicable discovery emerged: that *any* individual whether a senior citizen just turned 80 or a child as young as 5 along with everyone in between can control stress and anxiety in any area of life (not just going to the dentist) without drugs, gadgets or complex mental “gymnastics”. Sharing those discoveries with the entire world is now Dr. Karas’ lifelong commitment. Dr. Karas continues his tradition of teaching today through the Karas Natural Brain Performance Institute as well as through his practice in St. Clair Shores where as it now happens, his patients experience truly stress-anxiety-and-trauma-free Dentistry. For Speaking Availability & Class Schedules ... Call **586-775-0023** or Email: tkaras@comcast.net.