

Anastasia Hronis

Clinical Psychologist and Founder of the Australian Institute for Human Wellness

Anastasia is a clinical psychologist, working across both clinical practice and academia. She is a lecturer and researcher at the University of Technology Sydney, and conducts research in the areas of addictions, intellectual disabilities and rural mental health. Anastasia has published her research in top rated academic journals and has spoken at conferences around the world.

Anastasia is also the founder of the Australian Institute for Human Wellness, an organisation dedicated to meeting the growing need for innovation in supporting mental health and wellbeing. The clinic is based in Sydney, and sees thousands of people per year, with a range of psychological needs. In 2024, Anastasia published the book, *The Dopamine Brain*, with Penguin Books Aus & NZ. It has since been sold internationally.



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