BJ Miller, M.D.

Co-Founder and CEO, Mettle Health
Author, *The Beginner's Guide to the End*

Pre-eminent speakers on palliative and end-of-life care

Biography

Dr. BJ Miller is one of the pre-eminent speakers on patient-centered care, palliative and end-of-life care. Drawing on his expertise as a physician, former Executive Director of Zen Hospice Project, and as a patient, he is an advocate for a healthcare system that maximizes quality of life and that minimizes unnecessary suffering.

Dr. Miller is the CEO of Mettle Health, a company he co-founded with the aim to provide personalized, holistic consultations for any patient or caregiver who needs help navigating the many practical, emotional and communication issues that come with serious or chronic illness, end of life and disability. He is the Dream Foundation Honorary Medical Chair, the only national dream-granting organization for terminally-ill adults.

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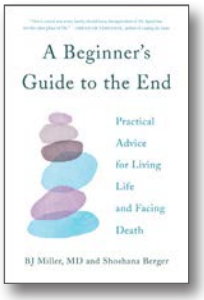
Topics

Health Care
Palliative Care and End-of-Life Care
Patient-Centered Care



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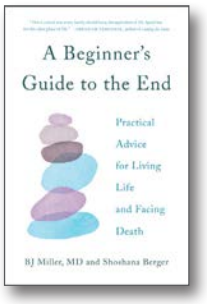
Co-Founder and CEO, Mettle Health

His TED Talk, “What Really Matters at the End of Life,” about keeping the patient at the center of care and encouraging empathic end-of-life care, and has garnered over 15 million views to date and ranked among the most viewed talks.

His first book, *The Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death*, comprehensive, and compassionate guide to dying — and living fully until you do. There are plenty of self-help books for mourners, but nothing in the way of a modern, approachable and above all useful field guide for the living. Written from the perspective of the insider in the medical system and as a fellow patient himself Dr. Miller offers an honest, compassionate, and detailed-oriented survey that provides guidance on all related experiences that come up when one is dying, and will bring optimism to empower readers with the knowledge, resources and tools that all of us will inevitably need.



BJ was Executive Director of Zen Hospice Project from 2011-2016 where he helped develop and share a pioneering model of human-centered end of life care.

Raised in Chicago, BJ studied art history as an undergraduate at Princeton University. After several years working in both the art and disability-rights non-profit communities he enrolled at UCSF where he completed his MD as a Regents’ Scholar in 2001. He completed his internal medicine residency at Cottage Hospital in Santa Barbara, California, where he served as chief resident. He completed his fellowship in Hospice & Palliative Medicine at Harvard Medical School, with his clinical duties split between Massachusetts General Hospital and Dana-Farber Cancer Institute.

Among the various awards received, BJ won the William Osler Distinguished Teaching Award as well as the AAHPM/Project on Death in America Palliative Medicine Community Leadership Award.

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