

SPEAKER ONE-SHEET

# Dr. Charles B. Morris III, Ph.D.

Stress and Performance Strategist. Author. Speaker. Researcher.
Keynotes on turning stress into capacity.

FOUNDER, MIDTOWN BIOHACK™ | MORRIS METHOD™ CREATOR | NOVA KEY™ FOUNDER | FORMER OFFICIAL HEALTH COACH, CITY OF PHILADELPHIA

## ABOUT

Chuck Morris, Ph.D., is a stress and performance strategist and researcher. He is the founder of Midtown Biohack™, creator of the Morris Method™, and author of *Stress: Our Human Superpower*™ (The Miseducation of Stress). With nearly three decades in human performance and recovery, he has worked with world-class athletes, C-suite executives, and high achievers across every profession. His approach is neuroscience-informed performance coaching, based on nervous system regulation principles, using neuroscience research to improve recovery, clarity, and capacity. His Morris Method™ combines every measurement, quantifies it in the Fulcrum Score™ and Neurological Twin™, and individualizes the plan to the person; he has published three white papers on the work. His work has been featured on The Breakfast Club (three appearances, now airing daily on Netflix), the BBC, The Wall Street Journal, and Good Day New York.

## SIGNATURE TALKS

- **Don't Calm Down. Take Command.** Why stress is a trainable performance lever, with a live sixty-second breathing reset the whole room does together.
- **The Credit Score for Your Body.** One number for how well you handle pressure. Most executives have never seen theirs.

## AS FEATURED IN

**Wall Street Journal** · **Good Day New York** · **BBC**

**The Breakfast Club (3x)**

## BOOK




STRESS
**Our Human Superpower**
The Miseducation of Stress · Kindle and paperback
★★★★★ 5.0 on Amazon

**Booking:** contact@midtownbiohack.com · 917.382.3005
midtownbiohack.com · 575 Madison Avenue, New York, NY
**Research:** three published white papers (SSRN, 2026)
**Google Scholar:** scholar.google.com/citations?user=r3vk-fMAAAAJ

MORRIS METHOD™ FULCRUM SCORE

Midtown Biohack provides performance coaching and nervous system recovery services only. It is not a medical practice and does not provide medical diagnosis or treatment.