

● **BREAKING** WATCH LIVE AT 4 P.M.: TRUMP TO SPEAK AT PRESS CONFERENCE FROM UN

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NAMES

Michael Pollan talks psychedelics and his book 'How to Change Your Mind'

By **Chris Triunfo** Globe Correspondent, September 24, 2019, 5:07 p.m.



Michael Pollan HANDOUT

Michael Pollan, the celebrated author of “The Omnivore’s Dilemma” and “Food Rules: An Eater’s Manual,” has been writing about food and the environment and their connections to society for years. But when he sat down to write his most recent book, “How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence,” he wasn’t expecting the experience to become so personal.

Pollan was slated to speak Tuesday at Northeastern University for the 2019 Morton E. Ruderman Memorial Lecture. Jay Ruderman, president of the Ruderman Family Foundation, said of the author: “Michael Pollan has inspired a conversation with his

writing about his exploration of his own mind and spirituality, as he has done about food and other worthy topics throughout his career.”

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