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Robert A. Swoap is professor of psychology at Warren Wilson College in Asheville, North Carolina, where he teaches and conducts research in health psychology. Swoap has investigated the relationship between stress, hostility and heart health; the impact of brief exercise bouts on children and college students in the classroom; and the effects of mindfulness-based practices on the psychological and physical health of college students. In addition to his academic duties, Swoap is a licensed clinical psychologist who works with medical populations in health care settings. He is the president and owner of Mindhealth, Inc. Swoap utilizes mindfulness-based interventions with patients experiencing chronic pain, chronic illness, anxiety, depression and other forms of psychological distress. He conducts sport psychology interventions and workshops with athletes, teams, coaches and sports medicine personnel. Swoap writes about sport psychology, behavior change and the pursuit of excellence on his blog at www.robertswoap.com. He received a bachelor's degree in psychology at Duke University as well as master's and doctorate degrees in clinical and health psychology at the University of Florida. Swoap holds a post-doctoral fellowship in behavioral medicine at Duke University Medical Center.