

DR. JEI PEARCEY

Owner of Dr. Jei Thought Architecture,
Chief Sport and Performance
Psychologist at the NSAWME, Adjunct
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Biography

Dr. Jei Pearcey is a psychophysiological dedicated to translating the silent language of the body. Standing at the intersection of modern holistic understanding of physiology and human performance, he possesses a rare expertise in how certainty modulates the human stress response. Specifically, Dr. Jei elucidates how our mindful states interact with internal physiological states, dictating our experienced reality. By translating complex mechanisms—from modern scientific understanding of human physiology to the chemistry of breath in whole-body dysregulation—into simple, actionable pathways for health and wellness, Dr. Jei redefines mindfulness and mind-body skills. He uses these modalities not merely as stress management tools, but as methods to empower individuals to problem-solve their own issues, turning abstract health concepts into simple, actionable understandings of the mind's influence on the body.