

Biography of Michael W. Eysenck

Michael W. Eysenck's family on his mother's side lived in Winnipeg and his family on his father's side lived in Berlin. He was Professor of Psychology at Royal Holloway University of London between 1987 and 2009 (now Emeritus Professor and Honorary Fellow). He is currently Professorial Fellow at Roehampton University. He has published 50 books plus approximately 200 articles and book chapters (never mind the quality feel the width?). He is a cognitive psychologist and his major research field is anxiety and cognition, an area in which he has published two research monographs as well as dozens of articles. Two of his central ideas are that anxiety impairs processing efficiency more than performance effectiveness and that many adverse effects of anxiety involve inefficient attentional control systems. He loves travelling and has visited 65 countries (giving talks in more than half of them!). His other non-work interests include bridge, croquet, golf, and walking.