

Short Biography for Christine B. L. Adams, MD

Christine B.L. Adams, M.D., is a child, adolescent, and adult psychiatrist. She has been in practice for 40 years treating people of all ages.

She is co-author with Homer B. Martin, MD, of the award-winning bestseller, *Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships*.

Doctor Adams is a Distinguished Life Fellow of the American Academy of Child and Adolescent Psychiatry and a Life Member of the American Psychiatric Association.

Dr. Adams is a frequent guest on radio and podcasts. She hosts a blog at [PsychologyToday.com](https://www.psychologytoday.com): “Living on Automatic—Emotions Override Thinking Every Time.”