

2026 CURRICULUM VITAE

Mark R. McLaughlin, MD, FACS, FAANS Neurological Surgery Revised: January 2026

OFFICE ADDRESS: Princeton Brain, Spine and Orthopedics, LLC
731 Alexander Road Suite 200
Princeton, New Jersey 08540

Telephone: 609-921-9001

E-mail address: On Request

Citizenship: United States

EMPLOYMENT HISTORY:

2005-Present	Physician and Member, Founder Princeton Brain, Spine and Orthopedics, LLC Princeton, New Jersey Flemington, New Jersey
2005-2015	Medical Director Princeton Brain and Spine Care, LLC Princeton, New Jersey
2002-2005	Neurosurgeon Neuro-Group, PA Lawrenceville, New Jersey
2000-2002	Neurosurgeon Neurosurgical and Neurological Group Springfield, Massachusetts

CURRENT HOSPITAL PRIVILEGES:

8/2002-Present	Attending Neurosurgeon Hunterdon Medical Center 2100 Wescott Drive Flemington, New Jersey
8/2002-Present	Attending Neurosurgeon Capital Health System 750 Brunswick Avenue Trenton, New Jersey
8/2002-Present	Attending Neurosurgeon Penn Medicine Princeton Health 253 Witherspoon Street Princeton, New Jersey
11/2003-Present	Attending Neurosurgeon CentraState Medical Center

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Mark R. McLaughlin, MD, FACS, FAANS

901 West Main Street
Freehold, New Jersey

8/2018-present
Inspira Medical Center Woodbury
509 N. Broad Street
Woodbury, NJ 08096

LICENSURE/BOARDS:

5/20/04-12/31/34
Board Certified: The American Board
of Neurological Surgery, ABNS, # 24016
New Jersey Medical License #25MA07347600
Pennsylvania Medical License #MD-053757-L

1/8/26-1/8/28
Medical Doctor Expert Witness Certificate
Certificate # MEEW13362

EDUCATION:

Undergraduate:
1983-1988
College of William and Mary
Williamsburg, Virginia
Bachelor of Arts, Philosophy

Medical School:
1988-1992
Medical College of Virginia
Virginia Commonwealth University
Richmond, Virginia
Doctor of Medicine,
Alpha Omega Alpha
Acting Internships in Neurosurgery
Barrow Neurological Surgery, Phoenix, Arizona
University of Pittsburgh, Pittsburgh, Pennsylvania
Baylor University Medical Center, Houston, Texas

Postgraduate:
1992-1993
Surgery Intern, General Surgery
Department of Surgery
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania

1993-1998
Resident, Neurosurgery
Department of Neurosurgery
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania

1997-1998
Focused Neurosurgical Training
Gamma Knife Radiosurgery
University of Pittsburgh
Department of Neurological Surgery
Professor: L. Dade Lunsford, MD

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|-----------------|---|
| 1998-1999 | Chief Resident
Department of Neurosurgery
University of Pittsburgh Medical Center
Pittsburgh, Pennsylvania |
| April-June 1998 | Focused Neurosurgical Training
Complex Spine
Department of Neurological Surgery
Emory University, School of Medicine
Atlanta, Georgia
Professor: Regis W. Haid, MD |
| 1999-2000 | Fellowship in Complex Spine Surgery
Department of Neurological Surgery
Emory University, School of Medicine
Atlanta, Georgia
Professor: Regis W. Haid, MD |

CURRENT ACADEMIC AND PROFESSIONAL AFFILIATIONS:

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| 7/2013-present | Director of Neurosurgery
CentraState Medical Center
Freehold, NJ |
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PREVIOUS ACADEMIC AND PROFESSIONAL AFFILIATIONS:

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|---------------|---|
| 2000-2002 | Neurosurgeon
Neurosurgical and Neurological Group
Springfield, Massachusetts |
| 7/2000-6/2002 | Clinical Instructor, Neurological Surgery
Department of Neurological Surgery
Tufts University School of Medicine
Boston, Massachusetts |
| 2000-2002 | Attending
Department of Neurological Surgery
Baystate Medical Center
Springfield, Massachusetts |
| 2000-2002 | Attending
Department of Neurological Surgery
Holyoke Medical Center
Holyoke, Massachusetts |
| 2000-2002 | Attending
Department of Neurological Surgery
Mercy Medical Center
Springfield, Massachusetts |
| 2002-2005 | Neurosurgeon
Neuro-Group, PA |

	Lawrenceville, New Jersey
2005-present	Founder, Member Princeton Brain and Spine Sports Medicine, LLC 731 Alexander Road Princeton, NJ 08540
2007-2009	Medical Advisory Board Princeton Fitness and Wellness Center Princeton, New Jersey
2010- 2013	Medical Director and Section Chair, Spine Surgery and Neurosurgery St. Mary Medical Center 1201 Langhorne-Newtown Road Langhorne, Pennsylvania
2011-2014	Chief, Section of Neurosurgery University Medical Center at Princeton 253 Witherspoon Street Princeton, New Jersey

CIVIC ATIVITY:

2002-Present	Volunteer Head Wrestling Coach, Princeton Wrestling Club Princeton Recreation Wrestling Princeton, New Jersey
2015-Present	Founder and Chairman of the Board Trenton Youth Wrestling 501(c)(3) Trenton, NJ
2018-Present	Project One Vet at a Time Board Member and Vice President
2020-Present	Resiliency Instructor, New Jersey State Police/ Office of Attorney General

COMMITTEE MEMBERSHIPS:

2023-Present	USA Wrestling Medical Advisory Committee
2022-Present	National Wrestling Coaches Association, Medical Advisory Committee on Concussions Operation Headlock
2021-Present	Iron Mike Foundation Board Member

National and Institutional:

1995	Sergeant-at-Arms Committee, AANS, Orlando, FL
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1996	Sergeant-at-Arms Committee, CNS, Montreal, Canada
1996	Sergeant-at-Arms Committee, AANS, Minneapolis, MD
1997	Sergeant-at-Arms Committee, AANS, Philadelphia, PA
1998-2000	Secretary, Young Neurosurgeons' Committee for the American Association of Neurological Surgeons (AANS)
2001-2003	Vice-Chairman, Young Neurosurgeons' Committee, American Association of Neurological Surgeons (AANS)
2002-2008	Member, International Fellowship Committee, Congress of Neurological Surgeons (CNS)
2003-2005	Chairman, Young Neurosurgeons' Committee, American Association of Neurological Surgeons (AANS)
2003-2005	Director of Exhibits, CNS/AANS Joint Section on Disorders of the Spine and Peripheral Nerves
2003-2006	Scientific Program Chairman, AANS/CNS Joint Section on Disorders of the Spine and Peripheral Nerves
2008-Present	Member, Public Relations Committee, American Association of Neurological Surgeons (AANS)
2008-Present	Member-at-Large, CAN/AANS CNS Joint Section on Disorders of the Spine and Peripheral Nerves
2010	Member, New Jersey PIP Pain Management Committee State of New Jersey Department of Banking and Insurance
December 2012	TNA, The Facial Pain Association, Supporting patients with Trigeminal Neuralgia and related neuropathic facial pain

EDITORSHIPS AND EDITORIAL BOARDS:

June 2000-2018	Editorial Board, <i>Spine Universe</i>
2001	Co-Editor, <i>Neurosurgical Focus: Bone Fusion</i>
2001-2002	Co-Director, <i>Springfield THINK FIRST Chapter</i>
2002-2003	Editor, <i>Young Neurosurgeons' Newsletter</i> , Publication of AANS/CNS
2003	Editor, <i>Workplace Health</i> , Newsletter
2005	Invited Reviewer, <i>Neurosurgical Focus. Journal of Neurosurgery: Trigeminal Neuralgia</i>

2007-Present	Editorial Board, <i>Journal of The Spinal Research Foundation</i> .
Current	Topic Editor, <i>The Spinal Column</i> : Spineuniverse.com
Current	Editor, <i>Video Productions</i> : Spineuniverse.com
2011-2014	American Association of Neurological Surgeons Neurosurgeon Editorial Board
2012	Guest Editor, <i>Discogenic Lumbar Disease, Advances in Orthopedics</i> , Hindawi Publication

Institutional

1997	Instructor, Microvascular Decompression Course, University of Pittsburgh Medical School
1997	Fellowship in Russian Neurosurgery
1997	Instructor, Ambulatory Care Series, University of Pittsburgh Medical School
1997	Instructor, Gamma Knife User's Course, University of Pittsburgh
1998	Instructor, Spine Surgery Hands On, University of New Mexico
1999	Instructor, Xenon/CT CBF: When, Why, and How, University of Pittsburgh
2005	Director, Advances in Brain and Spine Surgery, St. Petersburg, Russia

HONORS AND AWARDS:

2016	National Wrestling Hall of Fame Inductee Princeton, NJ
2000	Pingry School Inductee, Athletic Hall of Fame Short Hills, New Jersey
1999	College of William and Mary Inductee, Athletic Hall of Fame Williamsburg, Virginia
1983-1988	Academic All American, Two-Time Varsity Wrestling Team, Four-Time Letter Winner Varsity Wrestling Team, Captain, Two-Time Phi Eta Sigma Freshman Honor Society Omicron Delta Kappa, Honor Society
1988	Virginia State Champion, Most Outstanding Wrestler and

Ranked Division I NCAA Wrestler

- 1988-1992 Alpha Omega Alpha Honor Society (Medical School Honors)
Phi Kappa Phi Honor Society
A.D Williams Award, Highest Academic Standing
National Student Government, Award Winner
NCAA Post Graduate Scholarship, Academic Excellence
- 1995 Raymond Alexander Resident Paper Competition, Finalist
Eastern Association for the Surgery of Trauma
University of Pittsburgh School of Medicine
Pittsburgh, Pennsylvania
- 1995 Resident Teaching Award
University of Pittsburgh School of Medicine
Pittsburgh, Pennsylvania
- 1997 Elected to Young Neurosurgeons' Committee
University of Pittsburgh School of Medicine
Pittsburgh, Pennsylvania
- 1998 Resident Teaching Award
University of Pittsburgh School of Medicine
Pittsburgh, Pennsylvania
- 2006 Young Neurosurgeons Committee Public Service Citations for
Advancement of Neurosurgery in both the United States and Russia
- 2007 SRF (Spinal Research Foundation) Regional Center of Excellence
- 2008 America's Top Doctor, Castle Connolly, Ltd., New York Metro Area
- 2008 America's Top Surgeon, Consumer's Research Council of American
- 2009 America's Top Surgeon, Consumer's Research Council of America
- 2009 Outstanding New Jersey Physician, Castle Connolly Ltd.
- 2009 New Jersey Top Doctor, NJ
- 2010 Outstanding New Jersey Physician, Castle Connolly Ltd.
- 2011 NJ Magazine Doctors Who Make a Difference
- 2012 America's Top Doctor, Castle Connolly, Ltd., New York Metro Area
- 2013 Best Doctors in America, Boston MA
- 2014 Top Doctors: New York Metro Area, 12th Edition
- 2015 Best Doctors in America, Aiken, SC
- 2016 Jersey's Best Top Doctors, NJ

- 2016 National Wrestling Hall of Fame- New Jersey Chapter Inductee, Princeton, NJ
- 2016 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2017 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2017 Jersey's Best Top Doctors, NJ
- 2018 Wrestler's in Business – Lifetime Achievement Award
- 2018 Trenton City Council – Resolution of Honor for Trenton Youth Wrestling “Beat the Streets” Program, Trenton, NJ
- 2018 Wrestlers in Business Network Lifetime Leadership Award, Trenton, NJ
- 2018 Jersey's Best Top Doctors, NJ
- 2018 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2019 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2019 Top Doctors, Recognized by Suburban Life Magazine
- 2019 Jersey's Best Top Doctors, NJ
- 2020 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2020 Top Doctors, Recognized by Suburban Life Magazine
- 2020 Jersey's Best Top Doctors, NJ
- 2021 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2022 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2023 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2024 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area
- 2025 America's Top Doctor, 10-year, Castle Connolly, Ltd., New York Metro Area

SOCIETY MEMBERSHIPS:

Member, American Association of Neurological Surgeons
Member, Congress of Neurological Surgeons
Member, American College of Surgeons
Member, AANS/CNS Section on Neurotrauma and Critical Care
Member, AANS/CNS Joint Section on Disorders of the Spine and Peripheral Nerves
International Neurosurgical Fellowship Committee
New Jersey State Medical Society
Mercer County Medical Society
Pennsylvania State Medical Society
Bucks County Medical Society
Management Group Management Association of Pennsylvania
Management Group Management Association of New Jersey
Princeton Chamber of Commerce
Mercer County Chamber of Commerce

BOARD MEMBER:

2009 – 2015	Birch Rock Camp, Waterford ME
2011 – 2015	The Jannetta Foundation, Pittsburgh PA
2013 – Present	Wrestlers in Business Network – Princeton Chapter
2018 – Present	Trenton Youth Wrestling and Learning Center, Executive Director and Founder
2018 – Present	Project One Vet at a Time, Vice President

TECHNOLOGY DEVELOPMENT:

Co-Lead Medical Designer of **Sniper** Minimally Invasive Pedicle Screw Fixation System,
Consultant Spinewave.

GRANT SUPPORT:

“Radiosurgical radiobiology of normal and neoplastic brain”, NIH K08, Total \$449,000,
Co-Investigator, Principal investigator: Douglas Kondziolka.

“Russian Neurosurgery Initiative”, \$10,000, Principal Investigator: Mark McLaughlin.

DIRECTOR AND FACULTY AT NATIONAL AND INTERNATIONAL CONFERENCES:

1. Innovations in Minimally Invasive Spine Surgery. Naples, Florida, May 2000.
2. Co-Director: World Federation of Neurosurgical Societies Spine Seminar. St. Petersburg, Russia, May 20-21, 2000.
3. Basics of Spine Surgery. AANS/CNS Joint Section on Disorders of the Spine and Peripheral Nerves, Phoenix, Arizona, February 14, 2001.
4. Thoracic and Lumbar Stabilization and Fusion. Pre-Meeting Course, AANS, Toronto, Canada, April 22, 2001.

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5. Interbody Fusion Techniques. AANS, Toronto, Canada, April 22, 2001.
6. Complications in Lumbosacral Fixation. Memphis, Tennessee, April 2001.
7. Moderator: Panel Discussion: Advances in Clinical Care of the Cervical Spine, Cervical Spine Study Group (CSSG) 2nd Annual Resident Instructional Course, San Antonio, TX, May 5, 2002.
8. Current Techniques in Lumbosacral Fixation, Dallas, TX, October 2002.
9. Comprehensive Review of Cervical and Lumbar Interbody Fusion. AANS/CNS Section on Disorders of the Spine and Peripheral Nerves, Tampa, FL, March 5, 2003.
10. Fundamentals in Lumbar Spine Surgery. Memphis, TN, June 2003.
11. Director: Spine Fast Track Course. Congress of Neurological Surgeons (CNS) 53rd Annual Meeting, Denver, CO, October 19, 2003.
12. Spine Science and Management. New Orleans, LA, November 2003.
13. Spine Focus. New York, NY, December 2003.
14. Director: Cervical Spine Instability Course. AANS, Orlando, May 2004.
15. Director: Fast Track Residents/Fellows Course. NASS, Chicago, IL, October 2004.
16. Thoracolumbar Stabilization Techniques. American Association of Neurological Surgeons (AANS) 73rd Annual Meeting, New Orleans, LA, April 17, 2005.
17. Director: Russian American Neuroscience Symposium “Advances in Brain and Spine Surgery: Technology and Care”. Saint-Petersburg, Russia, August 15, 2005.
18. Moderator: General Scientific Session. CNS, Boston, MA, September 2005.
19. Moderator: Cervical Spondylotic Myelopathy. CNS, Boston, MA, September 2005.
20. Faculty: Spine, Science and Management. American Association of Neurological Surgeons (AANS) 74th Annual Meeting, San Francisco, CA, 2006.
21. Surgical Decision Making and Technological Advancements in Spine Surgery. Stryker, Chatham, MA, May 2006.
22. Speaker: Neurotrauma Symposium. St. Mary Medical Center, Langhorne, PA, November 2007.
23. Director: Cervical Arthroplasty. Hartford, CT, November 2007.
24. Faculty: Spine, Science and Management. American Association of Neurological Surgeons (AANS) 74th Annual Meeting, Washington, DC, 2007.
25. Director: Spine on the Mountain: Innovation Meets Practice: An Interactive Forum, Vail, CO, February 21-23, 2008.

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26. Director: Minimally Invasive Spine Surgery. CNS/AANS Joint Section on Spine and Disorders of the Spine, Orlando, FL, February 2008.
27. Faculty: Spine, Science and Management. American Association of Neurological Surgeons (AANS) 74th Annual Meeting, Chicago, IL, 2008.
28. Speaker: Trigeminal Neuralgia Presentation. Trigeminal Association, Philadelphia, PA, September 27, 2008.
29. Speaker: A Surgical Approach to Treatment of Acute Ischemic Stroke. Stroke Grand Rounds, Capital Health System, Trenton, NJ, April 17, 2008.
30. Speaker: Medical Economics. CNS, Orlando, FL, September 2008.
31. Course Director: Cervical Spine Surgery. NASS, Toronto, Canada, October 2008.
32. Speaker: Neurotrauma Symposium. St. Mary Medical Center, Langhorne, PA, October 27, 2008.
33. Course Director: Spine on the Mountain: Innovation Meets Practice, Vail, CO, February 19-21, 2009.
34. Faculty: Disorders of the Spine. 25th Annual Meeting, AANS/CNS Joint Section on Disorders of the Spine and Peripheral Nerves, Phoenix, AZ, March 11, 2009.
35. Faculty: Shaping Neurosurgery's Future: A Global Enterprise. AANS Annual Meeting, San Diego, CA, May, 2009.
36. Faculty: AO North America Orthopaedic Spine Bioskills Workshop. University Medical Center at Princeton, Princeton, NJ, April 2009.
37. Faculty: XIV World Congress of Neurological Surgery of the World Federation of Neurosurgical Societies, Boston, MA, August 30-September 4, 2009.
38. Speaker: Neurotrauma Symposium. St. Mary Medical Center, Langhorne, PA, October 5, 2009.
39. Faculty: Minimally Invasive Spine Surgery in Elite Athletes. MMA World Expo, Jacob K. Javits Convention Center, New York, NY, October 24, 2009.
40. Faculty: Cervical Spine Stabilization. 24th Annual Meeting, North American Spine Society (NASS), Burr Ridge, IL, November 10, 2009.
41. Director: Spine on the Mountain: Innovation Meets Practice, Vail, CO, January 28-31, 2010.
42. Faculty: Luncheon Symposium. AANS/CNS Section on Disorders of the Spine and Peripheral Nerves 2010 Annual Meeting, Orlando, FL, February 19, 2010.
43. Faculty: American Association of Neurological Surgeons (AANS) Meeting, Philadelphia, PA, May 2, 2010.
44. Faculty: Modern Aspects of Spine Surgery. International Conference, Burdenko Neurosurgery Institute, Moscow, Russia, May 20-22, 2010.

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45. Speaker: Advances in Neurosurgery and Spinal Care in the Work-Injured Patient, Pennsylvania Self-Insurers' Association 88th Annual Meeting, Mount Pocono, PA, September 14, 2010.
46. Speaker: Neurotrauma Symposium. St. Mary Medical Center, Langhorne, PA, October 12, 2010.

Presentations at Scientific Meetings:

1. **McLaughlin MR**, Grady S, Christman C, Valadka A, Fligner C, Povlishock T. Reactive Axonal Change in Traumatically Brain Injured Man. Pathogenesis and Anatomical distribution. Congress of Neurological Surgeons. October 1992.
2. **McLaughlin MR**, Marion DW. The Adequacy of Blood Flow Within and Around Cerebral Contusions. Eighth Scientific Assembly of the Eastern Association for the Surgery of Trauma. January 1995.
3. **McLaughlin MR**, Przybylski GJ, Jho HD. Uncovertebrectomy-An Alternative to Anterior Cervical Discectomy. Spine, Science and Management. New Orleans, LA, November 1994.
4. **McLaughlin MR**, Marion DW. Effect of Hyperventilation on the Blood Flood to Cerebral Contusions and Pericontusional Brain Tissue. American Association of Neurological Surgery, April 1995. Tenth European Congress of Neurosurgery, Berlin, Germany, May 1995.
5. **McLaughlin MR**, Marion DW. The Use of Xenon Cerebral Blood Flow Computed Tomography to Evaluate Perfusion and Vasoresponsivity of Cerebral Contusions. Third International Congress on Xenon/CT, Aarhus, Denmark, June 1995.
6. **McLaughlin MR**, Purighalla V, Pizzi FJ. The use of rigid internal fixation for cervical radiculopathy. Joint Section on Disorders of the Spine and Peripheral Nerve Annual Meeting, Orlando, FL, March 1996.
7. **McLaughlin MR**, Subach BR, Lunsford LD, Jannetta PJ. The Department of Neurological Surgery at the University of Pittsburgh: Past, Present, and Future. Society of Neurological Surgeons, Pittsburgh, PA, May 1997.
8. **McLaughlin MR**, Kondziolka D, Lunsford S, Lunsford LD: The prospective long-term natural history of venous malformations. American Association of Neurological Surgeons, Philadelphia, PA, April 1998.
9. **McLaughlin MR**, Cervical Spondylotic Myelopathy. CNS, Boston, MA, September 2005.
10. **McLaughlin MR**, Cognitive Dominance: A Brain Surgeon's Quest to Out-think Fear. RWJ Rutgers Global Neurosurgery Symposium: Ask Not for Whom the Bell Tolls. September 2020.

Invited Speaker:

1. **McLaughlin MR**: Reactive Axonal Change in Traumatically Brain Injured Man. The Basic Science of Head Injury. Richmond, VA, May 1992.
2. **McLaughlin MR**: Neurogenic Hypertension - What is known? Microvascular Decompression Symposium, Pittsburgh, PA, October 1994.

3. **McLaughlin MR:** Epidural hematoma, Diffuse Axonal Injury, and Intracerebral Contusions - Clinical overview and experimental insights. Benedum Pediatric Trauma Series, Pittsburgh, PA, October 1995.
4. **McLaughlin MR:** Overview of Pediatric Head Injury - University of Pittsburgh Neurosurgery Care Series, January 1996.
5. **McLaughlin MR:** Cerebral Blood Flow in Traumatic Brain Injury. Pathophysiology of Secondary Brain Injury and Implications for Contemporary Treatment. Head Injury Center Directors Meeting, Pittsburgh, PA, May 17 - 18, 1996.
6. **McLaughlin, MR:** Microvascular Decompression for Trigeminal Neuralgia: Technique, Results, and Complication Avoidance. Second Field Hospital, St. Petersburg, Russia. September 1997.
7. **McLaughlin, MR:** The Use of Xenon CT Cerebral Blood Flow in Trauma, Xenon Cerebral Blood Flow: The Pittsburgh Way. Pittsburgh, PA. February 28, 1999.
8. **McLaughlin, MR:** The History of Neurosurgical Trauma, New Orleans, AANS Breakfast Seminar. April 29, 1999.
9. **McLaughlin, MR:** Lumbar Interbody Devices: Boon or Boondoggle? Neurosurgery Grand Rounds, Washington University, St. Louis, Missouri, October 1999.
10. **McLaughlin, MR:** Neurosurgery in Russia. Neurosurgery Grand Rounds, Emory University, Atlanta, Georgia, May 2000.
11. **McLaughlin MR:** Bone Grafting Techniques. World Federation of Neurological Surgeons Cervical Spine Symposium, St. Petersburg, Russia, May 2000.
12. **McLaughlin MR:** Interlaminar Clamp Fixation. World Federation of Neurological Surgeons Cervical Spine Symposium, St. Petersburg, Russia, May 2000.
13. **McLaughlin MR:** Neurosurgery behind the Iron Curtain, Baystate Medical Center Nursing Education Series, Springfield, Massachusetts, January 2001.
14. **McLaughlin MR:** Thoracolumbar Stabilization Techniques, Baystate Medical Center Grand Rounds, February 2001.
15. **McLaughlin MR:** Current Concepts in Spinal Fusion Techniques, Holyoke Medical Center Grand Rounds, April 2001.
16. **McLaughlin MR:** Oh My Aching Back, Baystate Medical Center's Spirit of Women Lecture Series, Holyoke, Massachusetts, April 2001.
17. **McLaughlin MR:** Posterior Lumbar Interbody Fusion Techniques, Complications in Lumbosacral Fusion, Memphis, Tennessee, April 2001.
18. **McLaughlin MR:** Surgical Management of Low Back Pain, AANS/CNS Joint Spine and Peripheral Nerve Meeting, Orlando, FL, February 2002.
19. **McLaughlin MR:** Treatment of degenerative and traumatic diseases of the cervical spine,

- Academy of Operating Room Nurses, Springfield, Massachusetts, March 2002.
20. **McLaughlin MR:** Posterior Approaches for Lumbar Fusion, American Association of Neurological Surgeons, Chicago, April 2002.
 21. **McLaughlin MR:** C1-C2 Transarticular Screw Fixation for Atlanto-axial instability, St. Petersburg Association of Neurological Surgeons, St. Petersburg, Russia, July 2002.
 22. **McLaughlin MR:** Image-Guided Spine Surgery, St. Petersburg Association of Neurological Surgeons, St. Petersburg, Russia, July 2002.
 23. **McLaughlin MR:** Minimally Open Anterior Lumbar Interbody Fusion, AANS/CNS Joint Spine Section Meeting, Tampa, Florida, March 2003.
 24. **McLaughlin MR:** Posterior Lumbar Interbody Fusion: Technique and Results, Fundamentals in Lumbar Spine Surgery, Memphis, June 2003.
 25. **McLaughlin MR:** Anterior Lumbar Interbody Fusion: Anatomy and Surgical Approach, Fundamentals in Lumbar Spine Surgery, Memphis, June 2003.
 26. **McLaughlin MR:** Posterolateral Fusion: Indications, Technique and Pearls Spine Focus, NYC, December 2003.
 27. **McLaughlin MR:** Neck Pain and Advances in Spine Surgery, St. Francis Business to Business Connection, October 2003.
 28. **McLaughlin MR:** Management of the Head Injured Patient, St. Mary Nurses Lecture Series, September 2005.
 29. **McLaughlin MR:** Open Transforaminal Lumbar Interbody Fusion Technique, Spinal Focus, New York City, December 2005.
 30. **McLaughlin MR:** Psychological Aspects of Elite Performance, United States Military Academy at West Point, March 2013.
 31. **McLaughlin, MR,** Engelman, J, Goldberg, G.: Help! I've Fallen and I Can't Get Up- Uncovering Spinal Cord Problem CentraState Medical Center, October 2013.
 32. **McLaughlin, MR:** Elite Performance in Neurosurgery, United States Military Academy at West Point, March 2014.
 33. **McLaughlin, MR:** The Anatomical Basis for Coaching, University of Notre Dame, June 2014.
 34. **McLaughlin MR:** Advances in the Management of Trigeminal Neuralgia, luncheon seminar at the CNS in Boston, October 2014.
 35. **McLaughlin MR:** Cognitive Dominance, Keynote speaker, National Wrestling Coaches Association Convention, Ft. Lauderdale, July 2015.
 36. **McLaughlin MR:** Updates in Adult Neurosurgery, Second Annual Neuro-Oncology Symposium, Saint Peter's University Hospital, January 2018.

37. **McLaughlin MR:** Psychology of Elite Performance, United States Military Academy at West Point, February 2018.
38. **McLaughlin MR:** A Neurosurgeon's Odyssey through Fear, Courage, Action, and Enlightenment, Healthcare Financial Management Association (HFMA) MD's Spring Conference, March 2018.
39. **McLaughlin MR:** Psychology of Elite Performance, United States Military Academy at West Point, February 2019.
40. **McLaughlin MR:** Considerations for a Premed Student, West Point Premedical Society, West Point, March 2019.
41. **McLaughlin MR:** 3 Secrets to Cognitive Dominance, Old Guard of Princeton, February 2020.
42. **McLaughlin MR:** Cognitive Dominance: Accessing Your Leadership Greatness in Tumultuous Times, Peak Performance Physicians, LLC, September 2020.
43. **McLaughlin MR:** Living Your Limitless Life: A Brain Surgeon's Approach to Longevity, PBSSC Event, April 2021.
44. **McLaughlin MR:** Living Your Limitless Life: A Brain Surgeon's Approach to Longevity, Mercer County Surgery Center, May 2021.
45. **McLaughlin MR:** Lenes, Perspective, and The Secret of Life, Princeton Wrestling, November 2021.
46. **McLaughlin MR:** High Performance for Athletes, Dakine Warriors Volleyball Club, December 2021.
47. **McLaughlin MR:** The Gift of Medicine, Adventist Hospital, Medical Staff Grand Rounds, February 2022.
48. **McLaughlin MR:** Psychology of Elite Performance, West Point, March 2022
49. **McLaughlin MR:** Cognitive Dominance Applied to Neurosurgery, MCV, Visiting Clinician, April 2022
50. **McLaughlin MR:** Terrible Knowledge as it Related to Veterans, POVAT, August 2022
51. **McLaughlin MR:** Terrible Knowledge as it Applies to Law Enforcement, NJ State Trooper, September 2022
52. **McLaughlin MR:** The Agony & Ecstasy of 21st Century Medicine, Adventist Hospital, Medical Staff Grand Rounds, September 2022.
53. **McLaughlin MR:** The Agony & Ecstasy of 21st Century Medicine, ACOI 2022 Making an Impact, Keynote Address, October 2022.
54. **McLaughlin MR:** Mind Over Medicine: A Comprehensive Approach to Physician Burnout, The

- Physicians Financial Summit 2024 Chicago, March 2024.
55. **McLaughlin MR**: Yale Department of Neurosurgery: Clinical Neuroscience Grand Rounds, April 2025.
 56. **McLaughlin MR**: ONL NJ's Annual Meeting and Conference: Limitless Transformational Leadership, Bicycles, Brain Surgery, and Breakthroughs: Transformational Leadership Through Introspection, April 2025.
 57. **McLaughlin MR**: Damsel Not in Distress, Leading Through Life Storms Online Summit, May 2025.
 58. **McLaughlin MR**: New Jersey State Troopers, Resiliency Talk Series, March 2025 – February 2026.
 59. **McLaughlin MR**: Emory School of Medicine, Department of Neurosurgery: Grand Rounds, May 2025.
 60. **McLaughlin MR**: Medical Staff Meeting, Grandview Medical Center: Reclaiming the Physicians Voice: Leadership and Empowerment in Modern Healthcare, May 2025.
 61. **McLaughlin MR**: Annual Trauma Symposium, Bristol-Myers Squibb Trauma Center Capital Health Regional Medical Center: Burnout, October 2025.

Visiting Professor:

1. Visiting Professor, St. Gertrude's Hospital, Berlin, German, August 2008.
2. University of Buffalo, Buffalo, NY, October 2007.
3. Medical College of Virginia, Richmond, VA, October 2006.
4. United States Military Academy, West Point, NY (Annually) 2008 – Present.

Publications in Refereed Journals:

1. Grady S, **McLaughlin MR**, Christman C, Valadka A, Flinger C, Povlishock T: The Use of Antibodies Targeted Against the Neurofilament Subunits for the Detection of Diffuse Axonal Injury in Humans. *J of Neuropath and Exp Neurol* 52(2):143-152, 1995.
2. Kondziolka D, **McLaughlin MR**, Kestle JRW: Simple Risk Predictions for Arteriovenous Malformation Hemorrhage. *Neurosurgery* 37:5, 851-855, 1995.
3. **McLaughlin MR**, Jho HD, Kwon Y. Acute Subdural Hematoma Caused by a Ruptured Giant Intracavernous Aneurysm. *Neurosurgery* 38:2: 388-392, 1995.
4. **McLaughlin MR**, Pizzi FJ. Sympathy Pains in Carpal Tunnel Syndrome. *ACTA Neurochirurgica* 138: 1094-1098, 1996.
5. **McLaughlin MR**, Marion DM. Cerebral blood flow and vasoresponsivity within and around contusions. *J Neurosurg* 85:871-876, 1996.
6. Jho HD, Carrau RL, **McLaughlin MR**, Somaza S. Endoscopic Transsphenoidal resection of a large chordoma in posterior fossa: Case Study. *Neurosurgical Focus* 1 (1) Art 3, 1996.
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1. **McLaughlin MR**, “Russian American Neurosurgery Initiative”, Featured in Parade Magazine.
2. **McLaughlin MR**, “The Laser Manifesto”. MD News, March 2009.
3. **McLaughlin MR**, “Voices: Demons in the OR and on the Mat”. Amateur Wrestling News, October 2009.
4. **McLaughlin MR**, “The Addiction to Managed Care”. (In Press).
5. **McLaughlin MR**, “A Brain Surgeon’s Tips for Handling Stress Head-On”, Entrepreneur, May 2018.
6. **McLaughlin MR**, “I’m a Neurosurgeon, and the Best Morning Routine I’ve Found Consists of Just 3 Simple Steps”. Business Insider, June 2018.
7. **McLaughlin MR**, “I’m a Neurosurgeon, and the Habit That Completely Changed My Life Can Help Improve Anyone’s Mind”. Business Insider, November 2018.
8. **McLaughlin MR**, “I’m a Neurosurgeon, and There’s a 4-step Strategy Anyone Can Use to Make Good Habits Stick”. Business Insider, January 2019.
9. **McLaughlin MR**, “I’m a Neurosurgeon, and These Are The 4 Things I do to Avoid Burnout”. Business Insider, May 2019.
10. **McLaughlin MR**, “I’m a Neurosurgeon. Here are 3 ways to give your brain a 'spring cleaning' to boost happiness and productivity while social distancing”, Business Insider, April 2020.
11. **McLaughlin MR**, “The 3 Most Dangerous Pitfalls of Winter Sports and How to Avoid Them”. SpineUniverse, November 2020

Published Abstracts:

1. **McLaughlin MR**, Grady S, Christman C, Valadka A, Fligner C, Povlishock T. Reactive Axonal Change in Traumatically Brain Injured Man: Pathogenesis and Anatomical Distribution. Congress of Neurological Surgeons. October 1992.
2. **McLaughlin MR**, Pizzi FJ. Sympathy Pains in Carpal Tunnel Syndrome. Congress of Neurological Surgeons, October 1994.

3. **McLaughlin MR**, Marion DW. The Adequacy of Blood Flow within and around Cerebral Contusions. Eight Scientific Assembly of the Eastern Association for the Surgery of Trauma. January 1995.

Invited Chapters:

1. Marion D, Firlik A, **McLaughlin MR**: Hyperventilation therapy for traumatic brain injury. New Horizons: The Science and Practice of Acute Medicine Vol 3 (4), 1995.
2. Jannetta PJ, **McLaughlin MR**, Barker FG II, Kalia KK: Microvascular Decompression for Hemifacial Spasm. In May (ed) The Facial Nerve, Thieme Publications, 1996.
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4. **McLaughlin MR**, Jannetta PJ: Microvascular Decompression and Rhizotomy for Trigeminal Neuralgia. In Batjer (ed) Textbook of Neurological Surgery 2002.
5. Jannetta PJ, **McLaughlin MR**: Microvascular Decompression for hemifacial spasm: History, Technique, Results. In Surgery of the Cranial Nerves. Jannetta (ed) Thieme Publications, NY, 1998.
6. Haid RW, **McLaughlin MR**: Neurosurgery of the spine in the Year 2001: A four-year review. Clinical Neurosurgery 45, 1998.
7. **McLaughlin MR**, Jannetta PJ: Microvascular Decompression for treatment of Hemifacial Spasm. In Movement Disorders Surgery. Krauss JK, Jankovic J, Grossman RG, Lippincott Williams and Wilkins Philadelphia, PA 1999.
8. **McLaughlin MR**, Jho HD, Anterior Cervical Discectomy with and without Fusion. In Textbook of Neurological Surgery. Batjer HH, Loftus CM, Lippincott-Raven Publishers, Philadelphia, PA 1999.
9. **McLaughlin MR**, Haid R, Birch B: Threaded Bone Dowels. In lumbar Interbody Fusion Techniques: Cages, Dowels and Grafts. Haid RW, McLaughlin MR, Fessler R, Quality Medical Publishing, St. Louis, MO, 2003.
10. **McLaughlin MR**, Tang G, Modic M, Rauchning W: Pathophysiology of Degenerative Disc Disease. In Haid RW, McLaughlin MR, Fessler R, Quality Medical Publishing, St. Louis, MO, 2003.
11. **McLaughlin MR**, Haid RW, Rodts GE, Subach BR: Overview of Frameless Stereotactic Techniques for Lumbar Spine Surgery. In: Seminars in Neurological Surgery, Paramore (ed) 11(2):165-176, 2000.
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16. **McLaughlin, MR**, Bartolomei J: Overview of Spinal Navigation in *Progress of Neurological Surgery*, eds. Haid, Subach, Rodts, Basel, Karger, 16(1-13), 2003.
17. Tormenti, MJ, **McLaughlin, MR**: *An Overview of Various Surgical Approaches in Kaiser Haid Degenerative Cervical Myelopathy and Radiculopathy*, 2019.

Video Productions/Interviews/Presentations:

1. **McLaughlin MR**, Haid RW: Long segment posterior cervical fusion. CNS, San Antonio, 2000.
2. **McLaughlin MR**, Haid RW: Occipital Cervical Fusion. CNS, San Antonio, 2000.
3. **McLaughlin MR**, Haid RW, Comey CH: C1-C2 transarticular screw fixation, SpineUniverse, 2000.
4. **McLaughlin MR**: Keeping the Competitive Edge, Northwestern Mutual Life, March 12, 2011.
5. **McLaughlin MR** Cognitive Dominance: 3 Secrets of Neurosurgery Applied to Life, HMC James Norfleet lecture 2015.
6. **McLaughlin MR** Forever Young: Strategies for Brain and Spine Health, HMC James Norfleet lecture 2016.
7. **McLaughlin MR** *Breakthrough with Barry Farber Episode 3- Dr. Mark McLaughlin*, YouTube April 19, 2016.
8. **McLaughlin MR**, Power of Platforms Highlight Reel, YouTube. November 24, 2019.
9. **McLaughlin MR**, The 3 Secrets to Cognitive Dominance. YouTube. March 21, 2020
10. **McLaughlin MR**, Your Best Life - Taking Control of Your Spinal and Brain Health as You Age. YouTube. June 13, 2020
11. **McLaughlin MR**, Dr. Mark McLaughlin - Meet the Author - Virtual Book Launch. YouTube. July 29, 2020
12. **McLaughlin MR**, William & Mary Women's' Soccer - Tribe Roundtable. YouTube. August 9, 2020.
13. **McLaughlin MR**, Cognitive Dominance: Accessing Your Leadership Greatness in a Tumultuous Time. YouTube. October 14, 2020.
14. **McLaughlin MR**, High Performance for Athletes. YouTube. December 26, 2020.

Curriculum Vitae

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15. **McLaughlin MR**, Living Your Limitless Life: A Brain Surgeon's Approach to Longevity. YouTube. April 14, 2021.
16. **McLaughlin MR**, Day in the Life of a Neurosurgeon – Mark McLaughlin, MD, FACS, FAANS: Episode 1. YouTube. April 24, 2022.
17. **McLaughlin MR**, Day in the Life of a Neurosurgeon – Mark McLaughlin, MD, FACS, FAANS: Episode 2. YouTube. May 9, 2022.
18. **McLaughlin MR**, Day in the Life of a Neurosurgeon: Daybreak – Reflections on Medicine, Surgery, Making a Difference. YouTube. June 11, 2002.
19. **McLaughlin MR**, Day in the Life of a Neurosurgeon: Mark McLaughlin, MD – Episode 3 Contribution, Coaching, Medicine. YouTube. July 8, 2022.
20. **McLaughlin MR**, Moments of Choice: Inspiring Others, Working with Young Athletes – A Neurosurgeon Shows You How. YouTube. July 28, 2002.
21. **McLaughlin MR**, Medical Burnout: A National Crisis – A Personal Tragedy: Thoughts from a Practicing Neurosurgeon. YouTube. August 12, 2022.
22. **McLaughlin MR**, Finding the Switch – Next Level Wrestling and Competitive Tools. YouTube. August 24, 2022.
23. **McLaughlin MR**, We Have No Time! From the Front Lines of Neurosurgery: A Young Woman is Dying and We're out of Time. YouTube. September 10, 2022.
24. **McLaughlin MR**, Reflections: A Ukraine Story – The Good Samaritan Episode 1. YouTube. November 14, 2022.
25. **McLaughlin MR**, Reflections: A Ukraine Story – May God Be With You Episode 2. YouTube. November 19, 2022.
26. **McLaughlin MR**, Reflections and Moments of Mercy: A Ukraine Story Episode 3. YouTube. November 23, 2022.
27. **McLaughlin MR**, Peak Performance: Three Viewpoints, One Objective – Thinking About the Psychology of Sport. YouTube. July 2023.
28. **McLaughlin MR**, Six Simple Steps to Assessing Any Patient: Day in the Life of a Neurosurgeon. YouTube. December 5, 2023.

Books:

1. **McLaughlin MR**, Haid RW, Rodts GE: Atlas of Cervical Spine Surgery, Elsevier, Philadelphia, 2005.
2. Haid RW, **McLaughlin MR**, Fessler(eds.): Lumbar Interbody Fusion, Quality Medical Publishing, St Louis, 2003.

3. **McLaughlin MR**, Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear, Black Irish Publishing, Publish Date July 1, 2019.

Blogs:

1. **McLaughlin MR**, What Would Grandpa Think?, May 18, 2011.
2. **McLaughlin MR**, Russian-American Neurosurgery Collaboration, May 20, 2011.
3. **McLaughlin MR**, Welcome to Princeton Brain & Spine Care, June 7, 2011.
4. **McLaughlin MR**, Why I Coach, June 10, 2011.
5. **McLaughlin MR**, Laser Spine Surgery, Update, June 24, 2011.
6. **McLaughlin MR**, Love Me, and Let Me Fail, August 15, 2011.
7. **McLaughlin MR**, Introducing Bruce Landau, March 26, 2012.
8. **McLaughlin MR**, George Will on Football, August 14, 2012.
9. **McLaughlin MR**, Proton Beam Therapy, September 27, 2012.
10. **McLaughlin MR**, McLaughlin's Top Tips for Smart, Safe Snow Sports, January 14, 2013.
11. **McLaughlin MR**, Millionaire Coaches: Remember the Main Reason Your Players Are in College, January 20, 2013.
12. **McLaughlin MR**, Having Surgery? Then Do Your Homework, February 26, 2013.
13. **McLaughlin MR**, The Keys to Gardening with a Bad Back, April 20, 2013.
14. **McLaughlin MR**, West Point Wake-Up Call, May 3, 2013.
15. **McLaughlin MR**, Five Steps to Prevent Lower Back Pain, July 1, 2013.
16. **McLaughlin MR**, West Point in Words and Video, November 17, 2013.
17. **McLaughlin MR**, My West Point Talks in the News, December 30, 2013.
18. **McLaughlin MR**, Creating a Spine-Friendly Workplace, January 13, 2014.
19. **McLaughlin MR**, Notre Dame Conference Confirmed, January 20, 2014.
20. **McLaughlin MR**, West Point Wrestling Team March 2014, March 13, 2014.
21. **McLaughlin MR**, NCAA Head Injury Settlement, August 1, 2014.
22. **McLaughlin MR**, Jannetta Society, October 2, 2014.
23. **McLaughlin MR**, With Peter Jannetta, October 10, 2014.

24. **McLaughlin MR**, Concentration – What a Neurosurgeon Knows, December 9, 2014.
25. **McLaughlin MR**, WGN TV Video About Trigeminal Neuralgia, January 20, 2015.
26. **McLaughlin MR**, Current Facial Pain Research, January 30, 2015.
27. **McLaughlin MR**, WGN Chicago News Anchor’s Wife Suffers from Trigeminal Neuralgia, January 30, 2015.
28. **McLaughlin MR**, Trigeminal Neuralgia and Community Neurosurgery, March 2, 2015.
29. **McLaughlin MR**, The World Needs More Wrestlers, March 19, 2015.
30. **McLaughlin MR**, Walking and Brain Surgery, June 11, 2015.
31. **McLaughlin MR**, New Study Compares Neurosurgeons and Orthopaedic Surgeons, August 12, 2015.
32. **McLaughlin MR**, Plebe Summer, August 20, 2015.
33. **McLaughlin MR**, Proof of Heaven, August 31, 2015.
34. **McLaughlin MR**, Do No Harm, September 17, 2015.
35. **McLaughlin MR**, Wrestlers in Business, October 21, 2015.
36. **McLaughlin MR**, RIP Dr. John Jane, November 9, 2015.
37. **McLaughlin MR**, Skin Infections, A Tough Opponent for Wrestlers, December 2, 2015.
38. **McLaughlin MR**, Concussion – A Movie About Chronic Traumatic Encephalopathy in the NFL, December 24, 2015.
39. **McLaughlin MR**, Electricians VS. Carpenters – Who’s Better Trained to do Your Spine Surgery?, May 16, 2016.
40. **McLaughlin MR**, The Passing of Doctor Peter Jannetta, April 28, 2016.
41. **McLaughlin MR**, Memorial Service and Reception, Peter J. Jannetta, MD, June 2, 2016.
42. **McLaughlin MR**, Residents Work Hours Restrictions, June 7, 2016.
43. **McLaughlin MR**, Living Legend Dan Gable, June 16, 2016.
44. **McLaughlin MR**, Pat Summitt, June 29, 2016.
45. **McLaughlin MR**, Level V Leadership in Coaching, August 14, 2016.
46. **McLaughlin MR**, 5 Lessons I Re-Learned Courtesy of Ryan Lochte, August 22, 2016.
47. **McLaughlin MR**, West Point and Elite Performance, March 11, 2017.
47. **McLaughlin MR**, From Do No Harm to Do Harm: A Neurosurgeon’s Path to Madness?,

March 17, 2017.

48. **McLaughlin MR**, Wedemeyer Lecture Series, May 8, 2017.
49. **McLaughlin MR**, Penn State Wrestling Presentation, May 26, 2017.
50. **McLaughlin MR**, An Olympian Visits Trenton, July 7, 2017.
51. **McLaughlin MR**, Thomas Jefferson's Brain, July 12, 2017.
52. **McLaughlin MR**, Time-Carla- And Peak Performance, September 26, 2017.
53. **McLaughlin MR**, Death is Certain – Eventually, October 11, 2017.
54. **McLaughlin MR**, Podcast NWCA All-Star Classic, November 2, 2017.
55. **McLaughlin MR**, Speechless, January 22, 2018.
56. **McLaughlin MR**, Review of Turning Pro by Steven Pressfield, March 30, 2018.
57. **McLaughlin MR**, The Traveler's Gift: Andy Andrews, April 12, 2018.
58. **McLaughlin MR**, Saint Peter's Healthcare Video: Trigeminal Neuralgia, April 30, 2018.
59. **McLaughlin MR**, NWCA 2015 National Convention Keynote Ft Lauderdale, May 5, 2018.
60. **McLaughlin MR**, Health Crisis on a Plane, June 13, 2018.
61. **McLaughlin MR**, Trenton Youth Wrestling, July 12, 2018.
62. **McLaughlin MR**, Psyched Up by Daniel McGinn-Book Review, September 4, 2018.
63. **McLaughlin MR**, The Unity of Everything: Art Times Two. September 6, 2018.
64. **McLaughlin MR**, Parallels in Precision Video: West Point Football Coaches, November 12, 2018.
65. **McLaughlin MR**, Surfs Up: Trigeminal Neuralgia Surgery Makes the Difference, November 28, 2018.
66. **McLaughlin MR**, Another Day in the Frontal Lobe: Book Review, December 19, 2018.
67. **McLaughlin MR**, Dorothy Klenke Nash, M.D.: Pioneer Woman and Neurosurgeon, January 21, 2019.
68. **McLaughlin MR**, Cognitive Dominance Assessment, January 21, 2019.
69. **McLaughlin MR**, Dreams, Platforms, and Choices, March 14, 2019.
70. **McLaughlin MR**, 3 Essential Skills for Elite Performance in Health Care, May 9, 2019.
71. **McLaughlin MR**, 20 Years a Neurosurgeon, July 1, 2019.

72. **McLaughlin MR**, The Power of Platforms Full Presentation, November 29, 2019.
73. **McLaughlin MR**, The 3 Secrets to Cognitive Dominance, March 21,2020.
74. **McLaughlin MR**, COVID-19 Reflections, April 6, 2020.
75. **McLaughlin MR**, Your Best Life – Spine, Brain, and Mind Health, June 14, 2020.
76. **McLaughlin MR**, William & Mary Tribe Speaker Series, August 9, 2020.
77. **McLaughlin MR**, Alchemy of Wrestling, October 8, 2020.
78. **McLaughlin MR**, With a Heavy Heart, November 10, 2020.
79. **McLaughlin MR**, High Performance for Athletes, February 1, 2021.
80. **McLaughlin MR**, Matterhorn Book Review, February 5, 2021.
81. **McLaughlin MR**, All the Light We Cannot See, February 12, 2021.
82. **McLaughlin MR**, Living Your Limitless Life: A Brain Surgeon’s Approach to Longevity, April 12, 2021. April 12, 2021.
83. **McLaughlin MR**, Mercer Presentation – May 19, May 17, 2021.
84. **McLaughlin MR**, Jacob Brawler and His 22 Sons, July 4, 2021.
85. **McLaughlin MR**, Eight Lesson from 2021, December 31, 2021.
86. **McLaughlin MR**, 2021 Book Challenge, December 31, 2021.
87. **McLaughlin MR**, Journal: Year 1, January 7, 2022
88. **McLaughlin MR**, 8 Meditations: Mark McLaughlin Wrapper 2021, January 15, 2022.
89. **McLaughlin MR**, Cutting for Stone, April 4, 2022.
90. **McLaughlin MR**, Back to School, 30 Years Later, May 2, 2022.
91. **McLaughlin MR**, Day in The Life Episode 2, May 5, 2022.
92. **McLaughlin MR**, Day in The Life: Daybreak, June 23, 2022.
93. **McLaughlin MR**, Medical Burnout – A National Crisis, August 2,2022.
94. **McLaughlin MR**, Moments of Choice, August 12, 2022.
95. **McLaughlin MR**, Finding the Switch: Next Level Wrestling, September 14, 2022.
95. **McLaughlin MR**, The Good Samaritan, November 13, 2022.
96. **McLaughlin MR**, May God Be with You, November 19, 2022.

97. **McLaughlin MR**, Reflections and Mercy, November 23, 2022.
98. **McLaughlin MR**, An Open Letter to Wrestling Coaches, December 17, 2022.
99. **McLaughlin MR**, All About Brain Bleeds, January 3, 2023.
100. **McLaughlin MR**, Cervical Spondylotic Myelopathy, January 9, 2023.
101. **McLaughlin MR**, We Have No Time, February 15, 2023.
102. **McLaughlin MR**, Multiple Meningiomas, February 28, 2023.
103. **McLaughlin MR**, Peter Jannetta Patient, April 4, 2023.
104. **McLaughlin MR**, Drains and Brains, April 4, 2023.
105. **McLaughlin MR**, Shaky Hands, and the Surgeon: Minimizing Tremor and Enhancing Performance, August 14, 2023.
106. **McLaughlin MR**, Rutgers Wrestler Faced Paralysis, September 2, 2023.
107. **McLaughlin MR**, How Reading Changed My Life – and My Brain A Neurosurgeon’s Perspective, September 14, 2023.
108. **McLaughlin MR**, I’m a Neurosurgeon and This Is How I Navigate Burnout, October 5, 2023.
109. **McLaughlin MR**, Trenton Youth Wrestling and Learning Center, October 19, 2023.
110. **McLaughlin MR**, Being Human, October 30, 2023.
111. **McLaughlin MR**, Crossing the Rubicon in Genetics: A Brief History of Our Brave New World, October 31, 2023.
112. **McLaughlin MR**, What I Learned from Andrea Wulf’s ‘The Invention of Nature’, November 29, 2023.
113. **McLaughlin MR**, I’m a Neurosurgeon and Did You Know Dressing “Smart” Makes You Smarter?, January 11, 2024.
114. **McLaughlin MR**, The Examined Life: The Nature of Medicine and “Grace Under Pressure.”, February, 29, 2024.
115. **McLaughlin MR**, Cognitive Dominance: Reflections on the 5th Anniversary of Publication, October 19, 2024.
116. **McLaughlin MR**, Finding the Right Surgeon, November 12, 2024.
117. **McLaughlin MR**, What Do Doctors Really Think of Second Opinions?, November 25, 2024.
118. **McLaughlin MR**, Should I See a Neurosurgeon or Start With Pain Management and Primary Care? Straight Answers., December 11, 2024.

Articles and Documentaries

1. *Mark McLaughlin: From the Wrestling Mat to the Operating Room*, by Kayci Woodley, NCAA After the Game. March 1, 2016.
2. *Old Warrior Brings Wisdom to New Fight*, by Mark DiIonna. Star Ledger. April 29, 2016.
3. *A Neurosurgeon Shares His Effective Strategy for Overcoming Fears*, by Stephanie Voza, Fast Company. February 11, 2021.

Podcasts

1. Cognitive Dominance with Dr. Mark McLaughlin, MD. *Intelligence for Your Life the Podcast Ep. 131*. April 7, 2020.
2. Harnessing the Power of Fear: What a Top Brain Surgeon Can Teach Us About Fear. *Broken Brain Podcast*. July 2, 2020
3. Cognitive Dominance and Improved Decision Making. *Human Capital Innovations Podcast*. August 26, 2020
4. Does Quitting Make You Quit Again? A Neurosurgeon Explains. *Spartan Up! Podcast*. September 1, 2020
5. *Happier & Healthier with Maria Marlowe Podcast*. October 13, 2020.
6. Understanding Fear, Avoiding Fear Freak-out, Objective vs. Subjective Matrix, Cognitive Dominance, and Scientific Impact of Meditation. *The Dream Bigger Podcast*. October 26, 2020
7. Cognitive Dominance: A Brain Surgeon's Quest to Outthink Fear. *Power of Your Mind Podcast Ep.130*. December 10, 2020.
8. A Brain Surgeon's Quest to Out-Think Fear. *Highway to Health Podcast Ep. 85*. December 22, 2020.
9. Mark McLaughlin – Leadership Under Pressure, a Neurosurgeon’s Take. *Exponentially me Ep. 207*. April 6, 2022.
10. Top Brain Surgeon Dr. Mark McLaughlin on What is Fear and How to Not Let it Control Your Life. *Balanced Factor Podcast with Emily Lauren Newton Ep. 42*. March 29, 2023.
11. Dr. Coach Mark McLaughlin. *No Genre – The Podcast Ep. 3*. November 24, 2023.
12. Dismantling Fear to Perform At Your Best - *Doctors&Dollars Podcast Ep. 26*. January 26, 2024.
13. Never Worry About a Patient Alone! – *Stand up (for) Doctors! Kim Downey YouTube Podcast Ep. 30* March 14, 2024
14. Dr. Mark McLaughlin on Overcoming Fear and Enhancing Physician Performance – *The Medical Sales Accelerator Podcast Ep. 176*. July 8, 2024.

Curriculum Vitae

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15. Diamond Minds with Barry Farber Performance Under Pressure – *Dr. Mark McLaughlin Ep. 2.* May 2024.
16. Dr. Komotor – *A Neurosurgeon’s Tale.* May 2024.
17. Wrestling with Fear. Dr. Mark McLaughlin on Cognitive Dominance – *Biz Crossover with Jay Power Ep. 19.* November 2024.
18. Mark McLaughlin – *CommUnity Corner with Nicolas Carbrera Ep. 5.* November 2025.
19. Dr. Mark McLaughlin – Competing Where the Margin of Error is Zero. *Headgears to Handshakes.* December 30, 2025.