

NOTE: This letter was originally provided for Johns Hopkins School of Medicine, and has been repurposed for this application.

Dear Members of the Admissions Committee,

I am delighted to write in support of Manuel's application to the Johns Hopkins School of Medicine. After attending his interview day, Manny reached out to express his deep enthusiasm for your program, and I can assure you that his passion and alignment with your institution are genuine. I have had the pleasure of mentoring Manny for several years now, and it is clear to me that he would be a tremendous asset to your medical school.

I first met Manny when he contacted me with an array of ambitious research ideas that spanned across behavioral science and neurobiology. Manny was immediately eager to dive into the "big questions." His intellectual curiosity was evident, and he had a clear vision for his work: understanding the "anti-aging potential of the human mind." It was this focused determination that drew me to his work, and the same focused determination will surely allow Manny to excel during the 8+ years of clinical and academic training to become a psychiatrist.

One particular example stands out: in his first year, while balancing a full-time internship in Switzerland, Manny worked with us part-time on a complex project that aimed to understand the impact of behavioral interventions on aging. He wasn't just involved in the research; he was driving it forward. He sought out connections with faculty and researchers at institutions around the world, including Hong Kong, Amsterdam, and across the U.S., to further his work. His dedication was unwavering. Manny went on to design and execute his own experiment—a feat that not only demonstrated his ability to work collaboratively but also led to an original discovery. He showed that a behavioral intervention we were studying could potentially attenuate RNA-based aging, a soon to be published finding we believe is the first of its kind. This discovery came after Manny tirelessly worked through multiple iterations, learning from setbacks, refining his approach, and ultimately producing results. Furthermore, by training in our precision medicine group, Manny contributed to study design and manuscript preparation for a longitudinal study with an extensive dataset of 73,260 features, which included 6351 metabolomic features, 701 lipids, 76 cytokines, 60,678 transcripts, 5,158 microbial features, 13 metabolic proteins/hormones, 10 cardiovascular risk proteins, and 273 psychometric items—culminating in a dataset of 10.7 million total data points. Manuel's involvement in this high-level work was very important to his ongoing research interests, and his ability to substantially contribute to writing the resulting paper demonstrated his readiness for executing cutting-edge research. With this unique experience, Manuel is well-positioned to become the kind of physician who can effectively translate the principles of personalized medicine into clinical practice. As psychiatry becomes a data-driven field, Manny will have an advantage around understanding how to apply cutting-edge innovations in science to level-up excellence of psychiatric patient care.

What stands out most about Manny is not just his scientific aptitude, but his generosity in sharing his knowledge and collaborating with others. We would often ask him for input on projects outside of his direct scope of work, and his breadth of knowledge—particularly in the behavioral science literature—made him a valuable resource to our team. He never hesitated to offer thoughtful advice, and his ability to communicate complex ideas clearly and effectively made him an essential contributor to our lab's success.

In addition to his research prowess, Manny's entrepreneurial instincts have proven to be another unique strength. I have seen him pitch startup ideas, negotiate partnerships, and successfully navigate the intersection of science and business. His ability to connect with

others is remarkable, whether he's engaging with potential investors, pitching a research study to philanthropic funders, or conducting market research for a new health tech company. One particularly memorable instance was when Manny helped a Partner at Arben Ventures conduct market research on pharmaceutical products for a direct-to-consumer health company, completing a 'lean launchpad' project with a very quick turnaround. His insightfulness, speed, and strategic thinking in that situation were unparalleled; in fact, he then pointed our team towards a health-tech company, Superbio.AI that we ended up investing in. But beyond his work ethic, what truly sets Manuel apart is his ability to connect on a personal level with others. His authenticity, charisma, and relatability make him someone who people naturally enjoy chatting with, and he is both trusted and respected by his peers and mentors alike. In short, Manny has an uplifting leadership quality, and as a colleague and a friend I know that he will offer value to the department by being the sort of kind, patient-centered doctor that others want to wake up and go to work with, and learn from day to day.

Manny is the rare individual who combines exceptional talent with the drive to transform ideas into action. He possesses an unwavering passion for discovery and patient care, a willingness to take risks, a heart-centered way of being in the world that will benefit patients and colleagues alike, and a rare ability to skillfully navigate the clinical, academic, and entrepreneurial worlds. I have no doubt that Manny will excel at Johns Hopkins, with its research and precision-medicine focused program, and that he will contribute meaningfully to your academic community. It is with the utmost confidence that I recommend him for admission to your medical school.

Sincerely,

A handwritten signature in black ink that reads "Ariel". The script is fluid and cursive, with the first letter 'A' being particularly large and stylized.

Ariel B. Ganz, PhD

Post-Doctoral Fellow, Stanford Healthcare Innovation Lab

Stanford University School of Medicine

Founding Partner and Investor, Arben Ventures