

## About Dr. Christine Carter

---

A sociologist and happiness expert at UC Berkeley's Greater Good Science Center, Christine Carter, Ph.D. is the author of *RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents*. Dr. Carter also writes an award-winning blog, which is syndicated on the HuffingtonPost and PsychologyToday.com.

Best known for her happiness and parenting advice, Carter draws on psychology, sociology, and neuroscience, and uses her own chaotic and often hilarious real-world adventures to demonstrate the do's and don'ts in action.

After receiving her B.A. from Dartmouth College, where she was a Senior Fellow,

Dr. Carter worked in marketing management and school administration, going on to receive her Ph.D. in sociology from UC Berkeley.

Dr. Carter has been quoted or featured in *The New York Times*, the *Los Angeles Times*, *USA Today*, the *Chicago Tribune*, the *San Francisco Chronicle*, *The Washington Post*, the *Boston Globe*, as well as *Good Housekeeping*, *Parenting*, *Martha Stewart's Whole Living*, *Fitness*, *Redbook*, and dozens of other publications. She has appeared on the "Oprah Winfrey Show," the "Dr. Oz Show", the "TODAY" show, the "Rachael Ray Show," "The Daily Show with Jon Stewart," "CBS Sunday Morning," "ABC World News with Diane Sawyer", PBS, as well as NPR and BBC Radio.

A keynote speaker at hundreds of events and professional groups, Dr. Carter loves to share her work with new audiences. In 2010, she received an award from the Council on Contemporary Families for her outstanding science-based reporting on family issues. In 2012 she won Red Tricycle's awards for the "Most Influential Blog" and "Best Parent Education" and twice she has been nominated for an award from the American Sociological Association for public sociology.

Dr. Carter has helped thousands of people find more joy in their lives through her book, online classes, coaching, and speaking engagements. She teaches happiness classes online throughout the year to a global audience on her website [www.christinecarter.com](http://www.christinecarter.com).

She lives with her family in Berkeley, California.



###