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sociologist · happiness expert · author

A sociologist and happiness expert at UC Berkeley's Greater Good Science Center, Christine Carter, Ph.D., is the author of *The Sweet Spot: How to Find Your Groove at Home and Work* (January 2015) and *Raising Happiness* (2011).

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.

A sought-after keynote speaker, Dr. Carter loves to share her work with new audiences. Combining scientific research and practical application, she offers audiences not only a way to cope with modern pressures, but a way to truly thrive. Speaking to executives, general audiences, and parents, Dr. Carter looks at living life from our "sweet spot"—that place of both power and ease.



Dr. Carter also writes an award-winning blog, which is frequently syndicated on the *Greater Good Science Center*, HuffingtonPost, PsychologyToday.com, Positively Positive, Medium, and several other websites. She has twice been nominated for an award from the American Sociological Association for public sociology.

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, the NewYorkTimes.com as well as Real Simple, Good Housekeeping, Parenting, Men's Health, 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.

She lives with her husband, four kids, and dog Buster in Marin County, California.