

christineCARTER

Sample Introduction

The best introductions usually include the introducer's personal connection to Dr. Carter's work.

Dr. Christine Carter, author of *The Sweet Spot* and *Raising Happiness*, has a unique perspective on how we can find fulfillment, success, and lasting joy in our busy lives. At work, she translates the latest scientific findings--from positive psychology, sociology, research on productivity and elite performance, organizational and management theories, and neuroscience--into action plans for her readers.

Dr. Carter has four teenagers at home, so she knows first-hand how overwhelming life can be. Not long ago, she, too, was busy and burned out. No matter what she tried (delegating, leaning in, re-prioritizing) she still felt inundated and exhausted. So she looked at the data anew, road-tested it on herself, and figured out how to get into that zone we've all glimpsed but can't seem to hold onto--that sweet spot where we have our greatest strength, but also our greatest ease.

Christine Carter is a sociologist and Senior Fellow at UC Berkeley's Greater Good Science Center, where for many years she was the Executive Director. 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 appeared on dozens of television and radio shows, including the "Oprah Winfrey Show," the "TODAY" show, and "The Daily Show with Jon Stewart." She has also been quoted or featured in hundreds of newspapers and magazines, including *The New York Times*, *The Wall Street Journal*, and *Real Simple*.

She lives with her husband, four kids, and dog Buster in Marin County, California. Please help me give Dr. Christine Carter a warm welcome.