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About Christine Carter, Ph.D.

Christine Carter, Ph.D., is author of [The New Adolescence](#) (2020), [The Sweet Spot: How to Achieve More by Doing Less](#) (2017) and [Raising Happiness](#) (2011). A summa cum laude graduate of Dartmouth College and the recipient of multiple honors and awards, Dr. Carter was a Senior Fellow at Dartmouth before she began work in marketing management, and later, school administration.

After completing her masters and doctoral degrees in sociology at UC Berkeley, Dr. Carter was recruited to lead the Greater Good Science Center (GGSC) as the executive director. In 2014, she hired a new executive director so that she could pursue her writing and speaking career full-time. She remains a sociologist and Senior Fellow at UC Berkeley's Greater Good Science Center.



An engaging and sought-after [speaker](#), Dr. Carter loves to share her work in person. Combining scientific research and practical application, she offers audiences not only a way to *cope* with modern pressures, but tactics to truly *thrive*. She regularly keynotes at large conferences and fundraisers and is a popular commencement speaker. She is a frequent contributor to executive, general-interest, and parenting programs with other leading scholars and teachers.

Dr. Carter writes a monthly advice column for Greater Good Magazine, where she draws on scientific research to help people lead their most courageous, joyful, meaningful, and productive lives. She is a contributor to *US News & World Report*, and her advice column is syndicated on the *Huffington Post*, *PsychologyToday.com*, and several other websites.

Dr. Carter 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 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 Wall Street Journal*, as well as *Real Simple*, *Good Housekeeping*, *Parenting*, *Men’s Health*, *Martha Stewart’s Whole Living*, *Fitness*, *Redbook*, and dozens of other publications.

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