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Christine Carter, Ph.D., is an author, speaker, and coach. Her books include [*The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*](#) (2020), [*The Sweet Spot: How to Achieve More by Doing Less*](#) (2017) and [*Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*](#) (2011). A summa cum laude graduate of Dartmouth College and the recipient of multiple honors and awards, Dr. Carter earned her master's and doctoral degrees in sociology at UC Berkeley. (Go Bears!)



For many years, Dr. Christine Carter was the executive director of UC Berkeley's Greater Good Science Center (GGSC), where she remains a sociologist and Senior Fellow. She writes a monthly advice column for *Greater Good* magazine that is syndicated on PsychologyToday.com and many other websites.

Carter draws on scientific research in her writing, speaking, and coaching to help people lead their most joyful, meaningful, and productive lives. Combining scientific research and practical application, she offers her clients, readers, and audiences not only a way to *cope* with modern pressures, but tactics to truly *thrive*.

Dr. Carter has appeared on dozens of television and radio shows, including the "Oprah Winfrey Show," the "Dr. Oz Show", the "TODAY" show, the "The Daily Show with Jon Stewart," "CBS Sunday Morning," PBS, NPR and BBC Radio. She has been [quoted or featured](#) in every major newspaper in the US, including *The New York Times*, *USA Today*, the *Chicago Tribune*, the *San Francisco Chronicle*, *The Washington Post*, the *Boston Globe*, *The Wall Street Journal*. In addition, she is often quoted in lifestyle magazines such as *Real Simple* and in dozens of other online news sources.

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