



Caroline Adams Miller, MAPP **Leading Expert in Positive Psychology, Goals, and Grit™**

Caroline Adams Miller is a globally recognized authority in positive psychology, with a particular focus on goals and grit. With a pioneering spirit, she has dedicated over three decades to advancing these fields, helping individuals and organizations achieve their most challenging goals and enhance their overall well-being.

Caroline was among the first cohort to earn a Masters of Applied Positive Psychology (MAPP) from the University of Pennsylvania in 2006, a program initiated by Dr. Martin Seligman, the father of positive psychology. She graduated magna cum laude from Harvard University, laying a strong foundation for her future endeavors in psychology and personal development. She is a black-belt martial artist and Masters swimmer.

Caroline is the author of eight influential books, including:

- *My Name is Caroline* (Doubleday 1988, Gurze 2000, Cogent 2014), a groundbreaking recovery memoir offering hope to countless individuals struggling with eating disorders.
- *Getting Grit* (SoundsTrue 2017), which delves into the power of perseverance and how to cultivate it, was listed as one of the “top ten books that will change your life” in 2017 and as one of the “top 25 books that will help you find your purpose” in 2023.
- *Creating Your Best Life* (Sterling 2009, 2021), a comprehensive guide to achieving life goals through scientifically backed strategies, and the first evidence-based mass market book to bring the science of success and Locke & Latham’s goal-setting theory together with the research on happiness. It has been ranked #1 on the list of goal-setting books for over ten years.

Her books have been translated into several languages, including German, Korean, Spanish, Chinese, Japanese, and Italian, reaching a broad international audience.

Her ninth book, *Big Goals: The Science of Setting Them, Achieving Them, and Creating Your Best Life* (Wiley), will be released on December 5, 2024.

Caroline’s contributions to positive psychology have been widely recognized. Dr. Martin Seligman highlighted her work in his book *Flourish*, noting her significant impact on the field. Angela Duckworth, a leading researcher on grit, praised Caroline’s deep understanding and practical application of grit research, stating, “No one has thought more than Caroline about how to apply the scientific research on grit and achievement to our own lives!”

She is a sought-after speaker and has presented at prestigious venues such as the Wharton Business School’s Executive Education program. In 2014, she delivered a TEDx talk titled “The Moments That Make Champions,” which resonated with audiences worldwide and has garnered tens of thousands of views.

For information on booking Caroline, please contact:
Melissa Spencer, Manager
O: 702-844-2371 | M: 407-222-2968 | E: melissa@spencersconsulting.com

Her expertise has been featured extensively in major media outlets, including BBC World News, The New York Times, The Washington Post, NBC, NPR, The Wall Street Journal, Forbes, Fortune, and CNN.

Caroline has worked with an impressive array of clients, including Morgan Stanley, lululemon, Coldwell Banker, American Bankers Association, Blizzard Entertainment, RE/MAX, Booz Allen, Young Presidents' Organization, Harvard Law School, The World Bank, and Swisse Wellness. She helps these organizations and their leaders identify and pursue their most ambitious goals, fostering environments of success and well-being.

Caroline's detailed journey of overcoming bulimia in *My Name is Caroline* showcases her belief in the transformative power of grit and goal setting. She emphasizes that achieving hard, meaningful goals is one of the most rewarding pursuits in life, leading to profound personal and professional fulfillment.

Through her books, speeches, and consulting work, Caroline Adams Miller continues to inspire and equip individuals and organizations worldwide to harness the power of grit and positive psychology, transform their lives, and achieve their highest potential.