



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## CAROLINE ADAMS MILLER - BIOS

### BULLETS

#### **Caroline Adams Miller, MAPP**

- One of the world's leading positive psychology experts on Goals & Grit™.
- One of the first 33 people in the world to attain the Masters of Applied Positive Psychology (MAPP) from the University of Pennsylvania (2006).
- Graduated *magna cum laude* from Harvard University.
- Author of eight books, including global bestsellers *My Name is Caroline* (Doubleday 1988, Gurze 2000, Cogent 2014), *Getting Grit* (SoundsTrue 2017) and *Creating Your Best Life* (Sterling 2009, 2021). Caroline's books have been translated into multiple languages including German, Korean, Spanish, Chinese, Japanese and Italian.
- The "father of Positive Psychology," Dr. Martin Seligman, lauded Caroline's scholarship in his book *Flourish*, noting that she had "added a major missing piece to the world" because of her ground-breaking and evidence-based connection between Positive Psychology and success.
- Popular presenter at Wharton Business School's Executive Education program.
- 2014 TEDx Speaker on "The Secrets That Make Champions."
- Angela Duckworth, winner of the 2013 MacArthur Genius grant for her research on grit, said of Caroline: "I don't know anybody who has thought more than [Caroline] about how to apply the scientific research on grit and achievement to our own lives!"
- Caroline's work has been featured for decades in media around the world including the *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, *The Wall Street Journal*, *Forbes*, *Fortune* and *CNN*.
- Has worked with clients around the world 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.

### 50 WORD COUNT

### **Caroline Adams Miller, MAPP**

Caroline is a well-respected expert on Goals & Grit™ whose scientific approach to change fosters lasting success in organizations and individuals. A Harvard graduate with a Masters in Applied Positive Psychology from the University of Pennsylvania, she has authored multiple global bestsellers including *Creating Your Best Life* and *Getting Grit*.

### **100 WORD COUNT - CORPORATE/ASSOCIATION**

#### **Caroline Adams Miller, MAPP**

Caroline is a well-respected expert on Goals & Grit™ whose scientific approach to change fosters lasting success in organizations and individuals. She has spent 30+ years helping individuals, leaders and companies learn and integrate the science of flourishing, grit and goal accomplishment. Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and she graduated *magna cum laude* from Harvard University. She is the author of eight books, including *Getting Grit*, *Creating Your Best Life* and *My Name is Caroline*. Caroline's work has been featured around the world for decades in such outlets as CNN and BBC.

### **100 WORD COUNT - EATING DISORDERS**

#### **Caroline Adams Miller, MAPP**

Caroline is one of the world's leading experts on Goals & Grit™. Caroline has firsthand experience with achieving hard goals; she used "authentic grit" to overcome her personal battle with bulimia in the 1980s before it was thought possible, and she is seen as a groundbreaking pioneer and role model for eating disorder recovery. Her books *My Name is Caroline* and *Positively Caroline* are the only memoirs to cover the onset of bulimia through three decades of full, unbroken recovery. Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard.

### **250 WORD COUNT**

#### **Caroline Adams Miller, MAPP**

Caroline is one of the world's leading positive psychology experts on Goals & Grit™. Caroline is passionate about helping people get more grit, achieve their goals and find happiness. She's spent more than 30 years helping individuals, leaders and companies cultivate grit, one of the top indicators of success and flourishing.

Caroline is the author of eight books including global bestsellers *Getting Grit*, *Creating Your Best Life*, and *My Name is Caroline*. *Live Happy Magazine* named *Creating Your Best Life* one of the top 10 goal setting books ever published and *Getting Grit* one of the

10 books that would change your life in 2017. Lifehack ranked *Creating Your Best Life* as the #1 goal accomplishment book of all time in 2019. Caroline's work has been featured in hundreds of magazines, newspapers and other media around the world including *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, and *CNN*.

Angela Duckworth, winner of the 2013 MacArthur Genius grant for her research on grit, said of Caroline: "I don't know anybody who has thought more than [Caroline] about how to apply the scientific research on grit and achievement to our own lives!"

Caroline has worked with clients around the world, including Morgan Stanley, lululemon, The Wharton School/UPENN, RE/MAX, Booz Allen, Young Presidents' Organization, Harvard Law School, Blizzard Entertainment, ScanSource, Coldwell Banker, and Swisse Wellness.

Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and she graduated *magna cum laude* from Harvard University.

## **507 WORD COUNT - PITCH BIO**

### **Caroline Adams Miller, MAPP**

For over three decades, Caroline has been a pioneer with her groundbreaking work in the areas of goal setting, grit, happiness and success. She is recognized as one of the world's leading positive psychology experts on this research and how it can be applied to one's life for maximum transformation.

Caroline helps people identify, come up with a plan for, and persist in, achieving their toughest goals while also inspiring those around them – the “awethentic effect.” Her groundbreaking book, *Creating Your Best Life* (2009/2021), the first mass market book on goal accomplishment that included evidence-based research, connected the science of success with the science of happiness for the first time. Dr. Martin Seligman, the “father of Positive Psychology” proclaimed the book as adding a “major missing piece” to goal literature in his book *Flourish*, and many websites have continued to rank CYBL as the #1 goal book of all time, leading to its reissue in 2021.

In her keynote presentations and workshops, Caroline blends her personal experience, real life examples and cutting-edge research in positive psychology to come up with practical applications that allow for maximum transformation and growth in people's lives. Caroline leaves her audiences with tangible takeaways and actions they can use to create their own happiness, resilience and success.

Caroline has worked with clients around the world including Morgan Stanley, lululemon, The Wharton School/UPENN, RE/MAX, Booz Allen, Young Presidents' Organization, Harvard Law School, the New Zealand Bar Association, Ellevate, and Swisse Wellness.

Caroline has been a popular presenter in the University of Pennsylvania's Wharton Business School Executive Education program and has also taught in NYU's School of Continuing and Professional Studies and the University of Texas-Dallas School of Management.

In addition to the books named above, Caroline is the author of *Positively Caroline* (Cogent 2013) and *My Name is Caroline* (Doubleday 1988/ Cogent 2014), which are the only two memoirs that cover the onset of bulimia through three decades of unbroken recovery. *My Name is Caroline* was the first book to give readers hope that recovery was possible, leading to her being featured on magazine covers and television shows around the world for many years. She also wrote *Feeding the Soul* (1990), *Bright Words for Dark Days* (1994) and *#IHaveYourBack – Mastermind Success Groups for Women* (2021). She contributed chapters to *Full Lives* (1993) and *Thriving Women, Thriving World* (2019) and textbook chapters on Positive Psychology.

Caroline's work has been featured in hundreds of magazines, newspapers and other media around the world for decades, including *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, and *CNN*. She was the Washington, D.C. happiness expert on television for several years and was the first person to bring Positive Psychology to satellite radio on Sirius XM in 2007 with her "Positive Tip of the Day."

Caroline has one of the first Masters of Applied Positive Psychology degrees from the University of Pennsylvania (2006) and she graduated *magna cum laude* from Harvard University. She is a top-ranked Masters Swimmer and is a black belt martial artist.

## FULL BIO

### **Caroline Adams Miller, MAPP**

For over three decades, Caroline has been a pioneer with her groundbreaking work in the areas of goal setting, grit, happiness and success. She is recognized as one of the world's leading positive psychology experts on this research and how it can be applied to one's life for maximum transformation, flourishing and growth.

Caroline helps people identify, come up with a plan for, and persist in pursuing their toughest goals — leading to their success, happiness and flourishing, while inspiring those around them. Achieving hard, meaningful goals is one of the most rewarding things we can do in both our personal and professional lives. Although she didn't have a word for it at the time, Caroline used "grit" and a resilient mindset to help overcome her personal battle with bulimia, which propelled her into the spotlight when her autobiography, *My Name is Caroline* (Doubleday 1988), became the first recovery memoir to offer hope to eating disorder sufferers who didn't know recovery was possible. Today, she helps others develop the traits they need to get to the finish line.

Angela Duckworth, winner of the 2013 MacArthur Genius grant for her research on grit, said of Caroline: "I don't know anybody who has thought more than [Caroline] about how to apply the scientific research on grit and achievement to our own lives!"

## **SPEAKER**

In her keynote presentations and workshops, Caroline blends personal experience, real life examples and cutting-edge research in positive psychology and related fields, to come up with practical applications that create fresh awareness of how to cultivate and maintain meaningful change. Caroline leaves her audiences with tangible takeaways and actions they can use to create their own happiness and success, and is known for identifying a new pathway – the BRIDGE method - to 21<sup>st</sup> century goal accomplishment that updates older approaches with fresh research on gender, leadership, humility, negotiations and group support, among other important topics.

Caroline's TEDx Talk "The Moments That Make Champions" explores the three things that we can choose to do differently to improve our chances of developing grit.

Caroline has worked with clients around the world including: Morgan Stanley, lululemon, The Wharton School/UPENN, RE/MAX, Booz Allen, the American Bankers Association, Young Presidents' Organization, Harvard Law School, and Swisse Wellness.

## **AUTHOR**

Caroline is the author of eight books, including the bestselling *My Name is Caroline* (Doubleday 1988/2014), which was an Alternate Selection of the Literary Guild, and *Positively Caroline* (Cogent 2013), its sequel. *Creating Your Best Life* (Sterling 2009/2021), is the first mass market self-help book on the science of happiness and how it intersects with the science of accomplishing goals. It is popular in the mass market and is also used as a textbook in numerous coaching and Positive Psychology classes around the world. The "father of Positive Psychology," Martin Seligman, lauded Caroline's scholarship in his book *Flourish*, noting that she had "added a major missing piece to the world of coaching" because of her ground-breaking and evidence-based connection between Positive Psychology and success. Her workbook, *Your Happiest Life*, is a four-week guide to help users learn how to set and accomplish goals in a step-by-step way through science-based activities and proven techniques. *Getting Grit* (Sounds True 2017) discusses why the character strength grit is so *important to a flourishing life, who has it, and how to cultivate, amplify, and teach it*. *#IHaveYourBack – Mastermind Success Groups for Women* (2021) is a how-to guide for women on how to create and benefit from a mastermind group.

*Live Happy Magazine* named *Creating Your Best Life* one of the top 10 goal setting books ever published and *Getting Grit* one of the 10 books that would change your life in 2017. Caroline's books have been translated into German, Korean, Spanish, Chinese, Japanese and Italian.

Caroline has been a chapter contributor to a number of books including *Full Lives*, *Thriving Women*, *Thriving World* and a French psychology textbook.

## **MEDIA PERSONALITY**

Caroline's work has been featured in hundreds of magazines, newspapers and other media around the world including *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, and *CNN*. She was the first Positive Psychology expert to bring Positive Psychology to satellite radio via Sirius XM with her "Positive Tip of the Day."

## **PROFESSIONAL COACH**

For over two decades, Caroline has coached hundreds of individuals, from CEOs to professional athletes on how to identify their character strengths, get more grit and achieve their goals. She is a Professional Certified Coach (PCC) through the International Coach Federation. In 2015, Caroline was named "one of the top 10 Positive Psychology Coaches to Follow" and the Good News Network named her their first "Good News Ambassador."

## **EDUCATOR**

Caroline has been a popular presenter in the University of Pennsylvania's Wharton Business School Executive Education program. She was an adjunct lecturer in Positive Psychology and coaching at NYU's School of Continuing and Professional Education. Caroline was one of the first happiness experts to join and advise [Happify](#) Health, the premier digital platform offering evidence-based resilience solutions for employers and health plans.

## **EDUCATION**

Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and she graduated *magna cum laude* from Harvard University.

She is a top-ranked Masters Swimmer in multiple events, has a black belt in Hapkido and has more than three decades of unbroken recovery from bulimia.

### **For more information:**

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