

# Caroline Adams Miller, MAPP

## Short Biography

For almost three decades Caroline Adams Miller, MAPP has been a pioneer with her ground-breaking work in the areas of goal setting/accomplishment, 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 and growth.

Caroline is the author of seven books including [Positively Caroline](#), [My Name is Caroline](#), [Creating Your Best Life](#) and [Getting Grit](#). *Live Happy Magazine* named *Creating Your Best Life* one of the top ten goal-setting books ever published and *Getting Grit* one of the ten books that will change your life in 2017.

She 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*, *USA Today*, *U.S. News & World Report*, *ABC*, *CBS*, *NBC*, *NPR* and *CNN*.

Caroline's TEDx Talk on grit, "The Moments That Make Champions," has received great reviews. Caroline works with clients around the world including: Booz Allen, Young Presidents' Organization, Morgan Stanley, WorkHuman, lululemon, Harvard Law School, Brown Brothers Harriman & Co, The Wharton School/UPENN, Swisse Wellness, RE/MAX and the Canadian Positive Psychology Association.