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HEALTH & WELLNESS



**Straight Talk with Sandra Reich**  
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**February 4th 2016: Happiness finally???**

Sandra is joined by Happiness expert, Sociologist and Best selling author of "The Sweet Spot" and "Raising Happiness" Dr Christine Carter. Dr Carter will teach us what the latest research shows on happiness, how doing less can lead to much much productivity and what the "sweet spot" of life happiness really entails. A not to be missed exploration of the positive feeling we all crave.

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#### Featured Guest



#### Dr Christine Carter

A sociologist and senior fellow at UC Berkeley's Greater Good Science Center, Christine Carter, Ph.D., is the author of *The Sweet Spot: How to Find Your Groove at Work and Home* (January 2015) and *Raising Happiness* (2011). Presenting the latest neurological and psychological research on positivity, productivity, and elite performance, she demonstrates a sweetest paradox: by doing less we can actually accomplish more.

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