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And Work By Christine Carter Ph.D.**

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Author information. Christine Carter, Ph.D., is a sociologist and happiness expert at UC Berkeley's Greater Good Science Center, an interdisciplinary research center

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### **Christine carter: books, biography, blog,**

is the author of The Sweet Spot: How to Find Your Groove at Work and Home How to Find Your Groove at Home and Work by Christine Carter Ph.D. (Jan 20, 2015)

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A sociologist and happiness expert at UC Berkeley's Greater Good Science Center, Dr. Christine Carter is the author of *The Sweet Spot: How to Find Your Groove* at

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In *The Sweet Spot*, Carter shares the Ph.D., author of the author of my favorite book on parenting has written a book on work-life balance. Christine Carter

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