Arthur Brooks

Arthur Brooks is a professor at the Harvard Kennedy School and the Harvard Business School, where he teaches courses on leadership and happiness. He is also a columnist at The Atlantic, where he writes the popular weekly “How to Build a Life” column.

Brooks is the #1 New York Times bestselling author of 13 books, including Build the Life You Want in 2023, co-authored with Oprah Winfrey, and From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life.

Brooks is one of the world’s leading experts on the science of human happiness, appearing in the media and traveling the world to teach people in private companies, universities, public agencies, and faith communities how they can live happier lives and bring greater well-being to others.