



Todd Kashdan's life is devoted to understanding how people can improve the quality of their lives and offering the tools to do so. He uses cutting edge science to help people function optimally in life and business.

Since receiving a Ph.D. in clinical psychology (2004), Todd Kashdan has published over 170 peer reviewed journal articles on how to foster and sustain happiness and meaning in life, strength use and development, stress and anxiety, mindfulness, gratitude, social relationships, and self-regulation. These contributions have been recognized by the American Psychological Association's Distinguished Scientific Award for Early Career Contribution to Psychology (2013), Distinguished Research Fellow Award from the International Society for the Quality of Life (2012), and an early career award from the Association for the Advancement of Behavioral and Cognitive Therapies (2006). He is a Fellow of the Association for Psychological Science, Association for Behavioral and Cognitive Therapies, and Association for Contextual and Behavioral Science.

As a central figure in the scientific study of well-being, Todd Kashdan has authored *Curious? Discover the Missing Ingredient to a Fulfilling Life* (Harper Collins), to provide cutting edge research on how to achieve a well-lived life. In his latest book with Robert Biswas-Diener, *The Upside of Your Dark Side: Why being your whole self - not just your good self - drives success and fulfillment* (Hudson Street Press), he offers a potent message driven by the latest science: emotional and social agility trumps positivity.

Kashdan is a scientific advisor for Time, Inc., National Geographic, and Merck. He gives keynotes and workshops to organizations as diverse...

Todd Kashdan

Speech Topics

- TED Talks
- Personal Growth
- Peak Performance
- Motivation
- Life Balance
- Leadership

