

Kelly McGonigal

Lecturer, Stanford University
Author, *The Joy of Movement, The Upside of Stress* and *The Willpower Instinct*

The latest science on willpower and the impact of movement

Biography

Dr. Kelly McGonigal is a health psychologist and lecturer at the Stanford University Graduate School of Business. A pioneer in the field of "science-help," her mission is to translate insights from psychology and neuroscience into practical strategies that support personal well-being, build resilience, and strengthen communities.

She is the author of several books, including the international bestseller The Willpower Instinct, The Upside of Stress, and The Joy of Movement. Her latest book, Joy Is a Risk Worth Taking, was published in October 2026. Weaving together personal storytelling with insights from psychology, neuroscience, and research conducted around the world, Kelly explores how joy can provide relief during challenging times and foster meaning, connection, and celebration in everyday life. She offers practical strategies for overcoming obstacles to joy, including anxiety, guilt, envy, and grief, while demonstrating how joy can serve as a powerful form of social support.

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Topics & Books

Health
Stress and Wellness
Lifestyle Entrepreneur



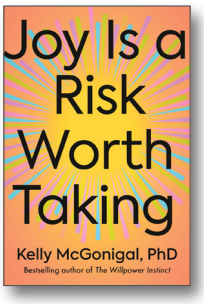
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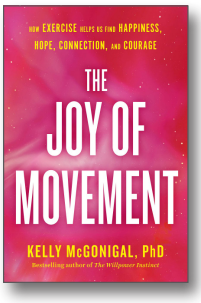
Author, *The Joy of Movement*

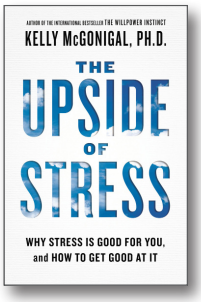
In The Joy of Movement, Kelly explores the powerful connection between physical activity, happiness, and human connection. Drawing on science and storytelling, she demonstrates how movement can enhance well-being, foster a sense of belonging, and help counter anxiety, depression, and loneliness.

Her 2013 TED Talk, “How to Make Stress Your Friend,” is one of the 20 most-viewed TED Talks of all time, with over 35 million views. Through the Stanford Center for Compassion and Altruism Research and Education, she co-authored the Stanford Compassion Cultivation Training program and has explored how social connection can promote health, happiness, and resilience.

Kelly has consulted for a wide range of nonprofit organizations and industries, bringing evidence-based strategies for well-being into the workplace, healthcare, education, technology, and community outreach. Outside her professional work, she is a passionate advocate for animal rescue and volunteers as an adoption counselor for Best Friends Animal Society.







LeighBureau
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US Office
Campus View Plaza, 1250 Route 28
Suite 301A, Branchburg, NJ 08876
(908) 253.8600

Dublin Office
Pavilion House, 31 Fitzwilliam Square S
Dublin 2, D02 F403, Ireland
+353 1230 2322

Seoul Office
19F, West Center, Center 1 Building 26
Euljiro 5-gil, Jung-gu
Seoul, 04539, Korea
+ 82 2 6022 0562~5