



Arthur Brooks

Arthur C. Brooks Biography:

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 the host of the weekly podcast “Office Hours with Arthur Brooks,” and a columnist at The Atlantic, where he writes the popular weekly “How to Build a Life” column.

Brooks is the author of 15 books, including the #1 New York Times bestsellers, *Build the Life You Want*, co-authored with Oprah Winfrey, and *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*. His next book, *The Meaning of Your Life: Finding Purpose in an Age of Emptiness*, will be released on March 31, 2026.

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.