

Barbara L. Fredrickson, Ph.D.

Kenan Distinguished Professor of Psychology and Neuroscience and Director of the Positive Emotions and Psychophysiology Lab (a.k.a. PEP Lab) at the University of North Carolina at Chapel Hill. She has published >110 peer-reviewed articles and her books, *Positivity* (2009, Crown, www.PositivityRatio.com) and *Love 2.0* (2013, Penguin, www.PositivityResonance.com) have been translated into dozens of languages. Among the most highly-cited scientists, in 2017, Professor Fredrickson was honored with the *Tang Prize for Achievements in Psychology*, awarded to recognize exceptional career contributions to the well-being of humanity.