

# The Sweet Spot: How To Find Your Groove At Home And Work By Christine Carter Ph.D.

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Christine Carter, Ph.D., is the author of *The Sweet Spot: How to Find Your Groove at Work* and *Christine's Books. Free Tips! Photos.*

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Author information. Christine Carter, Ph.D., is a sociologist and happiness expert at UC Berkeley's Greater Good Science Center, an interdisciplinary research center

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is the author of The Sweet Spot: How to Find Your Groove at Work and Home How to Find Your Groove at Home and Work by Christine Carter Ph.D. (Jan 20, 2015)

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