

About Martha Beck

Martha Beck is a writer and "life coach" who specializes in helping people design satisfying and meaningful life experiences. She holds a bachelor's degree in East Asian Studies and master's and Ph.D. degrees in sociology, all from Harvard University.

She worked as a research associate at Harvard Business School, studying career paths and life-course changes in today's economic and social environment. Before becoming a life coach, Dr. Beck taught sociology, social psychology, organizational behavior, and business management at Harvard and the American Graduate School of International Management. She has published academic books and articles on a variety of social science and business topics.

Her non-academic books include the New York Times bestsellers *Expecting Adam* and *Leaving the Saints*, as well as *Finding Your Own North Star: Claiming the Life You Were Meant to Live* and her newest book, *Steering by Starlight*. Dr. Beck has also been a contributing editor for many popular magazines, including *Real Simple* and *Redbook*, and is currently a columnist for *O, the Oprah Magazine*.

More information can be found on this Web site, including Dr. Beck's articles, books, speaking appearances, and life coaching strategies and suggestions.

Dr. Beck lives in Phoenix, Arizona, with her family.