

Shaunti received her graduate degree from Harvard University and was an analyst on Wall Street before unexpectedly becoming a social researcher, best-selling author and popular speaker. Today, she applies her analytical skills to investigating eye-opening, life-changing truths about relationships, both at home and in the workplace. Her groundbreaking research-based books, such as [For Women Only](#), have sold more than 2 million copies in 23 languages and are widely read in homes, counseling centers and corporations worldwide.

Her newest book, [The Kindness Challenge](#), is catalyzing a movement of kindness across the country and beyond. Dozens of prominent organizations and leaders are coming together to do [The 30-Day Kindness Challenge](#), and encourage their followers to do the same

Shaunti's findings are regularly featured in media as diverse as *The Today Show* and *Focus on the Family*, *The New York Times* and *Cosmo*. She (often with her husband, Jeff) speaks at 50 events a year around the world. Shaunti and her husband Jeff live in Atlanta with their teenage daughter and son, and two cats who think they are dogs.