**Dr. Tracy Brower, PhD, MM, MCRW**



Author, *The Secrets to Happiness at Work*

Author, *Bring Work to Life by Bringing Life to Work*

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**Bio**

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**Short**

Dr. Tracy Brower is a PhD sociologist studying work-life fulfillment and happiness. She is the author of [*The Secrets to Happiness at Work*](https://smile.amazon.com/gp/product/1728230896?pf_rd_r=56ZBNWAEG62EFJJM0PYB&pf_rd_p=edaba0ee-c2fe-4124-9f5d-b31d6b1bfbee) (to be [re-released in paperback May 2024](https://www.amazon.com/Secrets-Happiness-Work-Purpose-Fulfillment/dp/1728297265/ref%3Dsr_1_1?crid=1QNQ1S7IYCXJH&dib=eyJ2IjoiMSJ9.LxpV1natBUHeOGSogkxREa2KHbhxFW8VQsAEAvYZq4HGjHj071QN20LucGBJIEps.GI9Hxr-dh_NyO8ZdpMSr77aI_Gni_ZQf71qG0K0TfAI&dib_tag=se&keywords=secrets+to+happiness+at+work+brower&qid=1708352080&sprefix=secrets+to+happiness+at+work+brower%2Caps%2C126&sr=8-1)) and [*Bring Work to Life*](https://smile.amazon.com/Bring-Work-Life-Bringing-Organizations/dp/1629560030/ref%3Dtmm_hrd_swatch_0?_encoding=UTF8&qid=1572634153&sr=8-1). She is the vice president of workplace insights with Steelcase and a senior contributor to [Forbes](https://www.forbes.com/sites/tracybrower) and [Fast Company](https://www.fastcompany.com/search?searchkey=brower). Her work has been translated into 22 languages, and you can find her on [LinkedIn](https://www.linkedin.com/in/tracybrower108/), [X](https://twitter.com/TracyBrower108), [Instagram](https://www.instagram.com/tlb108/), or at [tracybrower.com](http://www.tracybrower.com/).

Longer

Dr. Tracy Brower is a PhD sociologist studying work-life fulfillment and happiness. She is the author of [*The Secrets to Happiness at Work*](https://smile.amazon.com/gp/product/1728230896?pf_rd_r=56ZBNWAEG62EFJJM0PYB&pf_rd_p=edaba0ee-c2fe-4124-9f5d-b31d6b1bfbee) (to be [re-released in paperback May 2024](https://www.amazon.com/Secrets-Happiness-Work-Purpose-Fulfillment/dp/1728297265/ref%3Dsr_1_1?crid=1QNQ1S7IYCXJH&dib=eyJ2IjoiMSJ9.LxpV1natBUHeOGSogkxREa2KHbhxFW8VQsAEAvYZq4HGjHj071QN20LucGBJIEps.GI9Hxr-dh_NyO8ZdpMSr77aI_Gni_ZQf71qG0K0TfAI&dib_tag=se&keywords=secrets+to+happiness+at+work+brower&qid=1708352080&sprefix=secrets+to+happiness+at+work+brower%2Caps%2C126&sr=8-1)) as well as [*Bring Work to Life*](https://smile.amazon.com/Bring-Work-Life-Bringing-Organizations/dp/1629560030/ref%3Dtmm_hrd_swatch_0?_encoding=UTF8&qid=1572634153&sr=8-1). She is the vice president of workplace insights for Steelcase and a senior contributor to [Forbes](https://www.forbes.com/sites/tracybrower) and [Fast Company](https://www.fastcompany.com/search?searchkey=brower). Tracy’s work has been translated into 22 languages and she is an award-winning speaker with over 25 years of experience working with global clients to achieve business results. Tracy is on the board of the United Way of Greater Ottawa County. In addition, she is a coach and advisor for the Center for Leadership at Hope College and an advisor to the Michigan State University Master of Industrial Mathematics Program. In addition, she is on the advisory board for the CoDesign Collaborative, and she is a faculty member for CoreNet Global. Tracy’s work has been featured in TEDx, The Wall Street Journal, Work-Life Balance in the 21st Century (book), Globe and Mail (Canada), InsideHR (Australia), HR Director (UK), T3N (Germany), Real Estate Review Journal, Fortune, Inc. Magazine, HBR (France) and more. Tracy holds a PhD in Sociology, a Master of Management in Organizational Culture, and a Master of Corporate Real Estate with a workplace specialization. You can find her on [LinkedIn](https://www.linkedin.com/in/tracybrower108/), [X](https://twitter.com/TracyBrower108), [Instagram](https://www.instagram.com/tlb108/), [Goodreads](https://www.goodreads.com/author/show/7813177.Tracy_Brower), [Unsplash](https://unsplash.com/%40tbrower108) or at [tracybrower.com](http://www.tracybrower.com/).

Purchase Books

#### The Secrets to Happiness at Work to be released in paperback May 2024 with a bonus chapter, extended content and journal prompts can be [preordered on Amazon here](https://www.amazon.com/Secrets-Happiness-Work-Purpose-Fulfillment/dp/1728297265/ref%3Dsr_1_1?crid=1QNQ1S7IYCXJH&dib=eyJ2IjoiMSJ9.LxpV1natBUHeOGSogkxREa2KHbhxFW8VQsAEAvYZq4HGjHj071QN20LucGBJIEps.GI9Hxr-dh_NyO8ZdpMSr77aI_Gni_ZQf71qG0K0TfAI&dib_tag=se&keywords=secrets+to+happiness+at+work+brower&qid=1708352080&sprefix=secrets+to+happiness+at+work+brower%2Caps%2C126&sr=8-1). It will be available through a wide variety of booksellers globally.

#### The Secrets to Happiness at Work published 2021 is available via multiple booksellers globally. Examples include, [Amazon](https://smile.amazon.com/Secrets-Happiness-Work-Purpose-Fulfillment/dp/1728230896/ref%3Dsr_1_2?dchild=1&keywords=secrets+to+happiness+at+work&qid=1606271086&sr=8-2), [Barnes & Noble](https://www.barnesandnoble.com/w/the-secrets-to-happiness-at-work-tracy-brower-phd/1137411136?ean=9781728230894), [Indie Bound](https://www.indiebound.org/search/book?keys=the+secrets+to+happiness+at+work), [Target](https://www.target.com/p/the-secrets-to-happiness-at-work-ignite-reads-by-tracy-brower-hardcover/-/A-82671588#lnk=sametab), and (volume discounts available) [Porchlight Book Company](https://www.porchlightbooks.com/product/secrets-to-happiness-at-work-how-to-choose-and-create-purpose-and-fulfillment-in-your-work--tracy-brower?variationCode=9781728230894). For UK audiences, you may access [Amazon UK here](https://www.amazon.co.uk/Secrets-Happiness-Work-Purpose-Fulfillment/dp/1728230896/ref%3Dsr_1_1?dchild=1&keywords=secret+to+happiness+at+work&qid=1622568395&sr=8-1%20%20%20%20%0b%0b%0bOr%20Book) or the [Book Depository here](https://www.bookdepository.com/Secrets-Happiness-at-Work-Tracy-Brower/9781728230894?ref=grid-view&qid=1622568310000&sr=1-1).

#### *Bring Work to Life by Bringing Life to Work* is also available from major booksellers. Examples are [Amazon](https://smile.amazon.com/Bring-Work-Life-Bringing-Organizations/dp/1629560030/ref%3Dtmm_hrd_swatch_0?_encoding=UTF8&qid=1627491493&sr=8-2), [Barnes & Noble](https://www.barnesandnoble.com/w/bring-work-to-life-by-bringing-life-to-work-tracy-brower/1118973052?ean=9781629560038), [Indie Bound](https://www.indiebound.org/search/book?keys=bring+work+to+life), and (volume discounts available) [Porchlight Book Company](https://www.porchlightbooks.com/product/bring-work-to-life-by-bringing-life-to-work-a-guide-for-leaders-and-organizations--tracy-brower?variationCode=9781629560038).