

Tom Rath

Tom Rath is an author and researcher who has spent the past two decades studying how work can improve human health and well-being. His 10 books have sold more than 10 million copies and made hundreds of appearances on global bestseller lists.

Tom's first book, [*How Full Is Your Bucket?*](#), was an instant #1 *New York Times* bestseller and led to a series of books that are used in classrooms around the world. His book [*StrengthsFinder 2.0*](#) is Amazon's top selling non-fiction book of all time. Tom's other bestsellers include [*Strengths Based Leadership*](#), [*Wellbeing*](#), [*Eat Move Sleep*](#), and [*Are You Fully Charged?*](#). He has also co-authored two illustrated books for children, [*How Full Is Your Bucket? for Kids*](#) and [*The Rechargeables*](#).

Tom's most recent books are [*Life's Great Question: Discover How You Best Contribute to the World*](#) and [*It's Not About You: A Brief Guide to a Meaningful Life*](#), published in partnership with Amazon Original Stories.

During his 13 years at Gallup, Tom led the organization's strengths, employee engagement, wellbeing, and leadership consulting worldwide. Tom has served for the past five years as an external advisor and Gallup Senior Scientist. He also served as Vice-Chair of the VHL cancer research organization and has been a regular lecturer at the University of Pennsylvania.

Most recently, Tom co-founded a publishing company and he is also an advisor, investor, and partner in several startups. Tom holds degrees from the University of Michigan and the University of Pennsylvania and lives in Arlington, Virginia with his wife, Ashley, and their two children.

