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Jennifer Moss is a Harvard Business Review contributor and nationally syndicated radio columnist. She also sits on the Global Happiness Council—a small group of leading scientists and economists that support the UN’s sustainable goals related to global well-being and the annual Global Happiness Policy Report. Prior to this, Moss worked in Silicon Valley, eventually joining Barack Obama’s California social team during his historic presidential campaign. To acknowledge her contributions to business and public service, Moss was named a Canadian Innovator of the Year, named an International Female Entrepreneur of the Year and recipient of the Public Service Award from the Office of President Obama. Her new book, *The Burnout Epidemic*, published by Harvard Business Press, launched September 28, 2021.