

About the Author



Anne Brafford is the Chairperson of the American Bar Association Law Practice Division’s Attorney Well-Being Committee and a member of the National Task Force on Lawyer Well-Being. Anne served as the Editor-in-Chief and co-author of the National Task Force’s 2017 report, titled “The Path to Lawyer Well-Being: Practical Recommendations for Positive Change.” She is the founder of Aspire, an educational and consulting firm for the legal profession (*www.aspire.legal*). In 2014, Anne left her job as an equity partner at Morgan, Lewis & Bockius LLP after 18 years of practice to focus on thriving in the legal profession. Anne has a Master’s degree in Applied Positive Psychology (MAPP) from the University of Pennsylvania and currently is earning a Ph.D. in positive organizational psychology at Claremont Graduate University (CGU) in Southern California. Anne’s research focuses on lawyer thriving and includes topics like positive leadership, work engagement, meaningful work, work-life balance, motivation, and retention of women lawyers. She is also an Assistant Instructor in the MAPP program for Dr. Martin Seligman and, for two years, was a Teaching Assistant at CGU for Dr. Mihaly Csikszentmihalyi, the co-founders of positive psychology. Anne lives with her husband in Huntington Beach, California. She can be reached at *abrafford@aspire.legal*.