

INTRODUCTION

Amy Leneker believes work can be joyful – and she’s on a mission to prove it. She’s the founder and CEO of the Center for Joyful Work and has helped more than 100,000 leaders and teams—including Fortune 100 companies—lead with less stress and more joy.

Amy leads the annual national research study *The State of Stress and Joy at Work*, and her work has been featured in Bloomberg, Forbes, NPR and more. She writes a monthly column for Fast Company and is the host of the weekly podcast, *Less Stress and More Joy*.

She is also the National Bestselling author of *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy*.

Amy and her family make their home in the Pacific Northwest.