

# AMIE M. GORDON

UNIVERSITY OF MICHIGAN, ANN ARBOR  
amiemg@umich.edu ♦ [www.whirlab.com](http://www.whirlab.com)

updated 4/22

## POSITIONS HELD

- 2020-PRESENT **Assistant Professor in Social Psychology**  
2022-PRESENT Faculty Affiliate, Michigan Institute for Data Science  
2021-PRESENT Faculty Associate, Center for Positive Organizations  
2020-PRESENT Faculty Associate, Research Center for Group Dynamics, Institute for Social Research  
*University of Michigan, Ann Arbor*
- 2019-2020 **Visiting Assistant Professor in Social Psychology**  
*University of Michigan, Ann Arbor*
- 2017- 2020 **Principal Research Scientist**  
Emotion, Health, and Psychophysiology Lab  
*University of California, San Francisco*

## EDUCATION

- 2015-2017 **Postdoctoral Fellow**, *Greater Good Science Center Postdoctoral Fellowship*  
Health Psychology, University of California, San Francisco
- 2013-2015 **Postdoctoral Fellow**  
Institute of Personality and Social Research, University of California, Berkeley
- 2013 **Ph.D.**  
Social-Personality Psychology, University of California, Berkeley
- 2006 **B.A.**  
Psychology with minor in Political Science, *departmental and college honors*  
University of California, Los Angeles, *summa cum laude*

## RESEARCH INTERESTS

Interpersonal Relationships; Prosocial Processes; Health & Wellbeing; Sleep; Psychophysiology

## GRANTS AND FELLOWSHIPS

- 2021-2023 UCLA Expanding the Frontiers of Relationship Science Research Grant, PI  
*Concurrent Stress: A Common Yet Understudied Reality for Romantic Couples*
- 2021-2022 University of Michigan LSA Social Science Scholarship/Research Award, Co-PI  
*Sleep and Relationship Quality during the Transition to Parenthood: An Experimental Pilot Study Using Infant Simulators*
- 2021 University of Michigan LSA Social Science Summer Writing Group Award, Co-PI  
*Close Relationships Summer Faculty Writing Group*
- 2021-2022 Love Consortium Graduate Fellowship, Mentor  
Mentee: Tatum Jolink (UNC-Chapel Hill), *The bidirectional link between felt and enacted love and sleep*
- 2020-2021 Love Consortium Graduate Fellowship, Mentor  
Mentee: Yoobin Park (University of Toronto), *Does grateful love take two? New insights into partner match on gratitude using six longitudinal datasets*
- 2019 SPSP Small Conference Grant, PI  
*Bringing Sleep-Wake Processes into Personality and Social Psychological Research*
- 2018-2021 Samsung Grant, Principal Research Scientist  
*Measuring stress and blood pressure in daily lives*
- 2018 SPSP Op-Ed Training Grant
- 2017-2018 UC Health Psychology Consortium Research Grant, Co-I

*Risk and resilience among Latino/a first-year students: The role of sleep and perceived discrimination*

- 2015-2017 Greater Good Science Center: Science of Gratitude Postdoctoral Fellowship  
 2009-2012 National Science Foundation Graduate Research Fellowship  
 2007-2009 Berkeley Fellowship for Graduate Study  
 2005-2006 UCLA Undergraduate Research Scholars Program

## HONORS AND AWARDS

### RESEARCH

- 2022 Caryl E. Rusbult Close Relationships Early Career Award  
*Relationships Researchers Interest Group, Society for Personality and Social Psychology*  
 2019 Fellow of the Society of Experimental Social Psychology (SESP)  
 2019 APS Rising Star Award  
 2013 Greater Good Science Center: Science of Gratitude Dissertation Research Award  
 2013 Relationships Research Interest Group Best Student Paper Award, Honorable Mention  
 2013 SPSP Best Student Paper Award  
 2012 International Association for Relationships Researchers (IARR) Student Travel Award  
 2011 Society for Personality and Social Psychology (SPSP) Student Travel Award  
 2011 National Science Foundation (NSF) Travel Award  
 2008 Abigail Reynolds Hodgen Publication Fund Award, *UC Berkeley*  
 2005 Brueck Scholarship, *UCLA*  
 2005 Stone Research Award, *UCLA*

### TEACHING & SCHOLARSHIP

- 2012 Outstanding Graduate Student Instructor (GSI) Award, *UC Berkeley*  
 2011 Outstanding GSI Nominee (top 15% of Departmental GSI ratings), *UC Berkeley*  
 2006 Phi Beta Kappa

## PEER-REVIEWED PUBLICATIONS

†Mentee \*Contributed equally

**Gordon, A. M.**, Cross, E., Ascigil, E., Balzarini, R., Luerssen, A., & Muise, A. (in press). Feeling appreciated buffers against the negative effects of unequal division of household labor on relationship satisfaction. *Psychological Science*

Harris, P., **Gordon, A. M.**, Dover, T. L., Small, P., Collins, N. L., & Major, B. (2022). Sleep, emotions, and sense of belonging: A daily experience study. *Affective Science*. Advanced online publication.

Newman, D. **Gordon, A. M.**, & Mendes, W. B. (2021). Comparing daily physiological and psychological benefits of gratitude and optimism using a digital platform. *Emotion*. Advanced online publication.

**Gordon, A. M.** & Mendes, W. B. (2021). A large-scale study of stress, emotions, and blood pressure in daily life using a digital platform. *Proceedings of the National Academy of Sciences*, *118*(31), e2105573118.

**Gordon, A. M.**, Carrillo, B., & Barnes, C. (2021). Sleep and social relationships in healthy populations: A systematic review. *Sleep Medicine Reviews*, 101428.

Joel, S., Eastwick, P. W., Allison, C. J., Arriaga, X. B., Baker, Z. G., Bar-Kalifa, E., Bergeron, S., Birnbaum, G., Brock, R. L., Brumbaugh, C. C., Carmichael, C. L., Chen, S., Clarke, J., Cobb, R. J., Coolsen, M. K., Davis, J., de Jong, D. C., Debrot, A., DeHaas, E. C., Derrick, J. L., Eller, J., Estrada, M. J., Faure, R., Finkel, E. J., Fraley, R. C., Gable, S. L., Gadassi, R., Girme, Y. U., **Gordon, A. M.**, Gosnell, C. L., Hammond, M. D., Hannon, P. A., Harasymchuk, C., Hofmann, W., Horn, A. B., Impett, E. A., Jamieson, J. P., Keltner, D., Kim, J. J., Kirchner, J. L., Kluwer, E. S., Kumashiro, M., Larson, G., Lazarus, G., Logan, J. M., Luchies, L. B., MacDonald, G., Machia, L. V., Maniaci, M. R., Maxwell, J. A., Mizrahi, M., Muise, A., Niehuis, S., Ogolsky, B. G., Oldham, C. R., Overall, N. C., Perez, M.,

Peters, B. J., Pietromonaco, P. R., Powers, S. I., Prok, T., Pshedetzky-Shochat, R., Rafaeli, E., Ramsdell, E., Reblin, M., Reicherts, M., Reifman, A., Reis, H. T., Rhoades, G. K., Rholes, W. S., Righetti, F., Rodriguez, L. M., Rogge, R., Rosen, N. O., Saxbe, D., Sened, H., Simpson, J. A., Slotter, E. B., Stanley, S. M., Stocker, S., Surra, C., Vaughn, A. A., Vicary, A. M., Visserman, M. L., & Wolf, S. (2020). Machine learning uncovers the most robust self-report predictors of relationship quality across 43 longitudinal couples studies. *Proceedings of the National Academy of Sciences* 117(32), 19061-19071.

**Gordon, A. M.**, Prather, A. A., Dover, T., Espino-Pérez, K., Small, P., & Major, B. (2020). Anticipated and experienced ethnic/racial discrimination and sleep: A longitudinal study. *Personality and Social Psychology Bulletin*, 46(12), 1724-1735.

**Gordon, A. M.**, †Del Rosario, K., Flores, A. J., Mendes, W. B., & Prather, A. A. (2019). Bidirectional links between sleep and social rejection. *Psychosomatic Medicine*, 81(8), 739-748.

Stellar, J. E., **Gordon, A. M.**, Anderson, C. L., Piff, P. K., McNeil, G. D. & Keltner, D. (2018). Awe and humility. *Journal of Personality and Social Psychology*, 114, 258-269.

**Gordon, A. M.**, Mendes, W. B., & Prather, A. A. (2017). The social side of sleep: Elucidating the links between sleep and social processes. *Current Directions in Psychological Science*, 26, 470-475.

Bai, Y., Maruskin, L. A., Chen, S., **Gordon, A. M.**, Stellar, J. E., McNeil, G. D., Peng, K., & Keltner, D. (2017). Awe, the diminished self, and collective engagement: Universals and cultural variations in the small self. *Journal of Personality and Social Psychology*, 113, 185-209.

**Gordon, A. M.\***, Stellar, J. E.\*, Anderson, C. L., McNeil, G. D., Loew, D., & Keltner, D. (2017). The dark side of the sublime: Distinguishing a threat-based variant of awe. *Journal of Personality and Social Psychology*, 113, 310-328.

Stellar, J. E., **Gordon, A. M.**, Piff, P. K., Anderson, C.L., Cordaro, D., Bai, Y. & Maruskin, L. & Keltner, D. (2017). Self-transcendent emotions and their social functions: Compassion, gratitude, and awe bind us to others through prosociality. *Emotion Review*, 9, 200-207.

**Gordon, A. M.** & Chen, S. (2016). Do you get where I'm coming from?: Perceived understanding buffers against reduced relationship satisfaction after conflict. *Journal of Personality and Social Psychology*, 110, 239-260.

Kuehn, M. M., Chen, S., **Gordon, A. M.** (2015). Having a thicker skin: Social power buffers the negative effects of social rejection. *Social Psychological and Personality Science*, 6, 701-709.

Stellar, J. E., John-Henderson, N., Anderson, C. L., **Gordon, A. M.**, McNeil, G. D. & Keltner D. (2015). Positive affect and inflammation: Discrete positive emotions predict lower levels of pro-inflammatory cytokines, *Emotion*, 15, 129-133.

**Gordon, A. M.** & Chen, S. (2014). The role of sleep in interpersonal conflict: Do sleepless nights mean worse fights? *Social Psychological and Personality Science*, 5, 168-175.

**Gordon, A. M.** & Chen, S. (2013). Does power help or hurt? The moderating role of self-other focus on power and perspective taking in romantic relationships. *Personality and Social Psychology Bulletin*, 39, 1097-1110.

Joel, S., **Gordon, A. M.**, Impett, E. A., MacDonald, G., & Keltner, D. (2013). The things you do for me: Perceptions of a romantic partner's investments promote gratitude and commitment. *Personality and Social Psychology Bulletin*, 39, 1333-1345.

Impett, E. A., Gere, J., Kogan, A., **Gordon, A. M.**, & Keltner, D. (2013). How sacrifice impacts the giver and the recipient: Insights from approach-avoidance motivational theory. *Journal of Personality*, 82, 390-401.

**Gordon, A. M.**, †Tuskeviciute, R., & Chen, S. (2013). A multi-method investigation of depressive symptoms, perceived understanding, and relationship quality. *Personal Relationships*, 20, 635-654.

**Gordon, A. M.,** Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology, 103*, 257-274.

Impett, E. A., Kogan, A., English, T., John, O., Oveis, C., **Gordon, A. M.,** & Keltner, D. (2012). Suppression sours sacrifice: Affective and relational costs of suppressing emotions in romantic relationships. *Personality and Social Psychology Bulletin, 38*, 707-720.

Kogan, A., Impett, E. A., Oveis, C., Hui, B., **Gordon, A. M.,** & Keltner, D. (2010). When giving feels good: The intrinsic benefits of sacrifice in romantic relationships for the communally motivated. *Psychological Science, 21*, 1918-1924.

Impett, E. A., **Gordon, A. M.,** Kogan, A., Oveis, C., Gable, S. L., & Keltner, D. (2010). Moving toward more perfect unions: Daily and long-term consequences of approach and avoidance goals in romantic relationships. *Journal of Personality and Social Psychology, 99*, 948-963.

**Gordon, A. M.,** & Chen, S. (2010). When you accept me for me: The relational benefits of intrinsic affirmations from one's relationship partner. *Personality and Social Psychology Bulletin, 36*, 1439-1453.

Impett, E. A. & **Gordon, A. M.** (2010). Why do people sacrifice to approach rewards versus avoid costs? Insights from attachment theory. *Personal Relationships, 17*, 299-315.

Impett, E. A., **Gordon, A. M.,** Strachman, A. (2008). Attachment and daily sexual goals: A study of dating couples. *Personal Relationships, 15*, 375-390.

## BOOK CHAPTERS

Stellar, J. E. & **Gordon, A. M.** (forthcoming). Awe, compassion, and gratitude. In A. Scarantino (Ed.), *Handbook of Emotion Theory*.

**Gordon, A. M.,** Mendes, W. B., & Prather, A. A. (2019). Sleep and Social Processes. In Z. Krizan (Ed.), *Sleep, Personality, and Social Behavior*.

Impett, E. A., & **Gordon, A. M.** (2009). Sexual attraction. In H. T. Reis & S. Sprecher (Eds.), *Encyclopedia of Human Relationships* (pp 134-137). Thousand Oaks, CA: Sage.

Impett, E. A., & **Gordon, A. M.** (2008). For the good of others: Toward a positive psychology of sacrifice. In S. J. Lopez (Ed.), *Positive Psychology Perspective Series* (Vol. 2). Westport, CT: Greenwood Publishing Group.

## CONFERENCE PAPER PRESENTATIONS

**Society for Personality and Social Psychology (SPSP):** Portland, OR, 2019 (**co-chair**, symposium on sleep and social processes); San Diego, CA, 2016 (symposium on sleep, self-regulation and social behavior); Long Beach, CA, 2015 (**chair**, symposium on sleep and social psychology; symposium on humility); New Orleans, LA, 2013 (**chair**, symposium on gratitude; symposium on social power).

**International Association for Relationships Researchers (IARR):** Toronto, ON, 2016 (**chair**, symposium on new research on responsive behaviors); Chicago, IL, 2012 (symposium on differing perspectives on prosociality; paper on sleep and conflict); Providence, RI, 2008 (paper on attachment and approach-avoidance goals).

**Association for Psychological Science (APS):** San Francisco, CA, 2018 (symposium on sleep and social processes); Chicago, IL, 2016 (symposium on sleep); San Francisco, CA, 2014 (symposium on perceptions of other's positive behaviors)

**Society for Affective Science (SAS):** Boston, MA, 2017 (paper on sleep and positive emotions)

## INVITED TALKS

2022 Close Relationship Preconference, Rusbult Early Career Award Address, SPSP  
Emotions Preconference, SPSP

Ann Arbor District Library, Exploring the Mind Community Talks

2021 University of Michigan, Clinical Psychology Brown Bag

- University of Michigan, Psychology Methods Hour  
 University of Rochester, Rochester Relationships Lab  
 University of Michigan, Social Psychology Brown Bag  
 The Stress Measurement Network, Best Practices in Assessment of Stress in Daily Life  
 2020 The Love Consortium, moderator for “Harnessing Gratitude for Good” Event  
 2019 American Water Company  
 San Francisco Metro Transit Authority  
 Greater Good Science Center, The Science of a Happy Relationship Workshop  
 SF Jewish Community Center  
 MAP Energy, Keynote Speaker  
 University of California, Santa Barbara, Department of Psychology  
 2018 University of Michigan - Ann Arbor, Department of Psychology  
 Stanford University, Department of Psychology  
 UC San Francisco, Center for Health and Community  
 Vitalant, Keynote Speaker  
 National Parks Service – Golden Gate Division  
 Solano Community, Keynote Speaker: College Faculty Convocation  
 Rady School of Management, Economics and Strategic Management Area, UCSD  
 2017 Kellogg School of Management, Management and Organizations Area, Northwestern  
 The Greater Good Science Center, Gratitude in Business Summit  
 UC Berkeley, Institute for Personality and Social Psychology  
 Haas School of Business, Management of Organizations Area, UC Berkeley  
 2015 Kaiser Permanente  
 2014 The Greater Good Science Center, Gratitude Summit  
 2013 The Greater Good Science Center, Conference on Expanding the Science and Practice of Gratitude  
 UC Irvine, Department of Psychology and Behavioral Sciences  
 University of Toronto, Relationships Interest Group (TRIG)  
 2012 Santa Clara University, Psychology Department  
 2010 UC Berkeley, Institute for Personality and Social Psychology

## TEACHING EXPERIENCE

### MULTILEVEL MODELING STATISTICAL WORKSHOPS (PREPPED AND TAUGHT)

- 2019 *A Practical Guide to MLM*, 2-Day Workshop, University of Toronto  
*Multilevel Modeling Theory and Analysis*, 2-Day Workshop, UC Berkeley  
 2018 *2-Part MLM Webinar*, SPSP Online Learning  
*Multilevel Modeling Theory and Analysis*, 2-Day Workshop, Stanford University  
*Dealing with Dyadic Longitudinal Data*, 1-Day Workshop, University of Toronto  
*Practical MLM for Intermediate Users*, Invited Deep-Dive Workshop, SPSP Conference  
 2017 *Multilevel Modeling Theory and Analysis*, 2-Day Workshop, University of Toronto  
 2016 *Multilevel Modeling Refresher Course*, Center for Health and Community, UCSF  
 2015 *Analyzing Multilevel Data*, Affective Sciences Seminar, UC Berkeley  
 2013 *Multilevel & Dyadic Modeling*, 3-Day Workshop, UC Berkeley

### PSYCHOLOGY DEPARTMENT, UNIVERSITY OF MICHIGAN

#### GRADUATE COURSES

- WINTER 2022 *Social Psychology Research Methods*  
 WINTER 2021 *The Psychology of Close Relationships*

#### UNDERGRADUATE COURSES

- FALL 2021 *The Psychology of Close Relationships*  
 FALL 2020 *The Psychology of Close Relationships*

### PSYCHOLOGY DEPARTMENT, UNIVERSITY OF CALIFORNIA, BERKELEY

#### GRADUATE COURSES

SPRING 2013 *Psychological Statistics and Data Analysis Part 2*, Lab Instructor and TA

FALL 2012 *Psychological Statistics and Data Analysis Part 1*, Lab Instructor and TA

#### UNDERGRADUATE COURSES

SPRING 2011 *Social Psychology*, TA

SPRING 2010 *Research and Data Analysis in Psychology*, Lab Instructor and TA

SUMMER 2008 *Research and Data Analysis in Psychology*, Lab Instructor and TA

#### INVITED LECTURES

2018 *Intro to Multilevel Modeling*, UC Berkeley & UCSF

2017 *Psychological Methods and Statistics: A Handy Primer*, UCSF Summer Internship Program

2013 *Multilevel Modeling*, Psychological Statistics and Data Analysis for Graduate Students

*Logistic Regression*, Psychological Statistics and Data Analysis for Graduate Students

2012 *Close Relationships and Happiness*, Psychology of Human Happiness

#### ADVANCED STATISTICAL TRAINING

2012 *Dyadic Structural Equation Modeling using AMOS Workshop*

University of Connecticut; Taught by Dave Kenny, Tessa West & Randi Garcia

2011 *Advanced Longitudinal Data Analysis using M+ Workshop*,

University of California, Davis; Taught by Emilio Ferrer & Kevin Grimm

2008 *Hierarchical Linear Modeling and Structural Equation Modeling Course*

University of California, Berkeley; Taught by Tom Wickens

*Daily Experience and Dyadic Data Analysis using HLM Workshop*

University of Massachusetts, Amherst; Taught by Niall Bolger and J.P. Laurenceau

#### MENTORING EXPERIENCE

##### UNIVERSITY OF MICHIGAN GRADUATE STUDENTS

2022- Emily Diamon (Primary Advisor)

2021- Micaela Rodriguez (Secondary Advisor)

2020- Annika From (Co-Advisor)

2020- Esra Ascigil (Secondary Advisor)

2020- Lester Sim (Secondary Advisor)

##### HONORS THESES & POST-BAC STUDENTS SUPERVISED:

2018-2020 Katherine Ross (PhD Student, University of Michigan Clinical Psychology)

2016-2019 Kareena delRosario (PhD Student, NYU Social Psychology)

2015-2017 Belinda Carrillo (PhD Student, UC Berkeley Social-Personality Psychology)

2013-2014 Shahin Bavarsad; Nabilla Mohamed

2011-2012 Jessica Berrie; Mikhaella Hodges (PhD Student, U Northern Illinois Clinical Psychology)

2009-2010 Marc Weintraub (PhD Student, U Miami Clinical Psychology)

Rugile Tuskeviciute (PhD Student, NYU Social Psychology)

##### SELECT PRESENTATIONS BY MENTEES:

Luciani, M., & Gordon, A. M. (2022, February). *I Love You, but I Hate Your Politics: The Role of Political Differences in Romantic Relationships*. Poster to be presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Francisco, CA.

Garton, C., Luciani, M., Finkel, E., & Gordon, A. M. (2022, February). *Perceived Political Dissimilarity Between Romantic Partners Predicts Greater Warmth Toward Opposing Party Members*. Poster to be presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Francisco, CA.

Ascigil, E., Luerssen, A., & Gordon, A. M. (2021, February). *Division of labor and relationship quality during the COVID-19 pandemic*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology (SPSP), virtual format.

Carrillo, B., Chen, S. Gordon, A. M., & Mendes, W. B. (2020, February). *Couples' daily self-silencing to avoid conflict and Relationship Satisfaction in a 7-day Diary Study*. Poster presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), New Orleans, LA.

Carrillo, B., Del Rosario, K., Gordon, A. M., & Mendes, W. B. (2018, March). *I'll just keep this to myself: Self-*

*silencing to avoid conflict in close relationships*. Paper presented at the biannual meeting of the International Association of Relationships Researchers (IARR), Fort Collins, CO.

Del Rosario, K., Gordon, A. M., & Mendes, W. B. (2018, July). *The effects of empathy on sleep in romantic couples: A daily experience study*. Poster presented at the biannual meeting of the International Association of Relationships Researchers (IARR), Fort Collins, CO.

Del Rosario, K., Gordon, A. M., & Mendes, W. B. (2018, March). *Perceived responsiveness and sleep in couples*. Poster presented at the annual Emotion Preconference for the Society for Personality and Social Psychology (SPSP), Atlanta, GA.

Tuskeviciute, R., Gordon, A. M., & Chen, S. (2012, January). *When is it good to be me? Feeling authentic matters most during times of conflict*. Poster presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Tuskeviciute, R., Gordon, A. M., & Chen, S. (2011, January). *Depression, perspective taking, and relationship satisfaction in romantic relationships*. Poster presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.

## PROFESSIONAL ACTIVITIES

### JOURNAL REVIEWING

**Editorial Board:** *Affective Science, Emotion, Journal of Social and Personal Relationships, Personality and Social Psychology Bulletin*

**Ad Hoc Reviewer:** *European Journal of Social Psychology, Hormone & Behavior, Journal of Experimental Psychology: General, Journal of Experimental Social Psychology, Journal of Family Psychology, Journal of Personality, Journal of Personality and Social Psychology, Journal of Positive Psychology, Journal of Research in Personality, Motivation and Emotion, Personal Relationships, Personality and Social Psychology Bulletin, PLOS One, PNAS, Psychological Bulletin, Psychological Science, Science Advances, Scientific Reports, SLEEP, Sleep Health, Social Psychological and Personality Psychology, Trends in Cognitive Science*

### AFFILIATIONS

Association for Psychological Science, International Association for Relationships Researchers, Society for Affective Science, Society for Experimental Social Psychology, Society for Personality and Social Psychology

### PROFESSIONAL SERVICE

SAA Committee, *UM*; Future Hiring Committee, *UM*; Social Area Graduate Admissions Committee, *UM*; Symposium Review Committee, *IARR*; Abstract Review Committee, *SAS*; Student Award and Poster Review Committees, *SPSP*; President of Gordon-Allport Society, *UC Berkeley*; Colloquium Committee, *UC Berkeley*

## POPULAR WRITING

The Boston Globe: [The Country Needs Marital Therapy](#) (Nov. 2020)

Harvard Business Review: [How Working Parents Can Prioritize Sleep](#) (Mar. 2020)

Psychology Today: [Blog](#) (2013-Present), [Love: What Really Matters](#) (Cover Story, Sept. 2020)

Greater Good Magazine (2013-Present)

Psych Your Mind Blog (2011-2015), *Co-Founder*

## REPRESENTATIVE MEDIA MENTIONS

2022 BBC – *The inevitability of the office romance*

2021 The Atlantic – *The Most Effective Way to Thank Your Significant Other*

Michigan Radio Stateside – *How the pandemic changed our relationships – for better and worse*

TIME Magazine – *We Need More 'Good Conflict' in Our Lives. Here's How It Works*

2020 Discover Magazine – *Awe-Struck*

Shondaland – *Constructive Ways to Deal with Conflict*

2019 KQED Forum – *Strengthening Marriage Through "Sleep Divorce"*

The Times – *Two Little Words That Can Make Everything Better in the Workplace*

Thrive Global – *Make November a Month of Gratitude*

- 2018 Beme News (CNN's YouTube Channel) – *We're Working Ourselves to Death*  
Health Magazine – *Tapping into Gratitude*
- 2017 APS Observer Magazine – *The Hidden Costs of Sleep Deficits* (Cover Story)  
The New York Times – *Relationship Problems? Try Getting More Sleep*  
The Guardian - *Looking Tired Can Harm Your Social Life, Say Researchers*  
Business Insider – *6 Unexpected Psychological Reasons People Get Into Fights*
- 2016 The Huffington Post - *How To Find Common Ground When You And Your Partner Disagree*  
Business Insider – *Psychologists Figured Out One Trait That Makes Relationships Last*  
The Independent - *Arguing With A Partner Is Beneficial When Both Feel Understood, Say Psychologists*
- 2015 The New York Times - *Can Scientific Relationship Advice Save Your Marriage?*  
CNN – *Why 3-Day Weekends Are Good For You*
- 2014 Harvard Business Review – *Working Too Hard Makes Leading More Difficult*  
The Wall Street Journal - *To Build Intimacy, Trust, Satisfaction, Celebrate the Good Times*  
Business Insider - *Giving Thanks Could Be the Key To Lasting Relationships*
- 2013 Slate - *The Real Reason You and Your Partner Fight So Much*  
The Los Angeles Times - *Get Some Sleep, and Your Partner Will Thank You*  
The Huffington Post - *Poor Sleep Could Negatively Impact Gratitude in Relationships, Study Suggest*