

Catherine Price Biography

Award-winning science journalist, speaker, and author [Catherine Price](#) is a leading voice in the national conversation about digital devices and how to create healthy relationships with technology. Her books include her bestsellers, [How to Break Up With Your Phone](#) and [The Power of Fun: How to Feel Alive Again](#), and Catherine and her work have been featured in outlets including, *The Best American Science Writing*, *NPR*, *The New York Times*, *Good Morning America*, *The Wall Street Journal*, *Popular Science*, *The Los Angeles Times*, and *TIME Magazine*, among many others. She is also a former middle school teacher, the parent of a young child, and a core member of the team behind Jonathan Haidt's #1 NYT-bestselling book, *The Anxious Generation*. She writes the popular Substack newsletter, "[How to Feel Alive](#)," and her [TED talk on fun](#) has been viewed more than 5M times.

In all of her work, Catherine's ultimate goal is to help people of all ages scroll less, live more, and have fun.