

## SHORT BIO

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I am a writer, a personal coach, and a Professor of Cultural History at the University of Kent. I am currently a fellow at the Hamburg Institute of Advanced Studies (HIAS). From 2019–2020 I held a Leverhulme Research Fellowship.

My current book, *Self-Improvement: A History* will be published by Yale University Press in 2021. In 2016, I published *Exhaustion: A History*, with Columbia University Press. *Exhaustion: A History* examines theories of exhaustion from classical antiquity to the present day, and has achieved widespread national and international impact. In 2016, I also published a novel, *The Truth About Julia* (Allen and Unwin).

In the past, I have worked and published on the histories of psychology and of sexuality, on modernist literature, on avant-garde poetry, and on David Lynch.

I review books for the *Times Literary Supplement*. I also write regular blogs for *Psychology Today* and for *Positive Psychology*. My work has also appeared in *Aeon*, the *Frankfurter Allgemeine Zeitung* and the *Neue Zuercher Zeitung*.