

Speaker Bio | Laura Morton

Morton has been involved in the entertainment industry for more than 30 years as a writer, producer and entrepreneur. She is the co-director, producer, and writer of the award-winning documentary, *Anxious Nation*, a film focused on the crisis of anxiety in America and especially its impact on our youth. She is a sought-after speaker who advocates for mental health improvements and ways to harness anxious energy and use it for good. Morton has authored more than 60 books, including 21 New York

Times best-sellers, working with a wide range of celebrities and business leaders. Through that work she has interviewed and worked with some of the most recognized names in business and entertainment, gaining unique perspective from their stories on what it takes to achieve success.