

# Jane McGonigal

*Director of Game Research and Development,  
Institute for the Future  
Bestselling Author of SuperBetter, Reality Is Broken,  
and Imaginable  
World-renowned game designer*

*Reality needs better game design*



## Biography

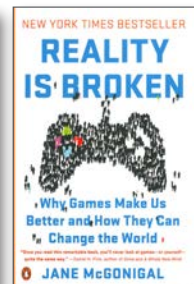
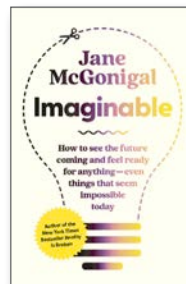
Jane McGonigal is a futurist, game designer, and best-selling author. As the Director of Game Research and Development at the Institute for the Future, her research focuses on how games are transforming the way we lead our real lives and how they can be used to anticipate hard-to-predict futures, ready ourselves for any future scenario, and increase our resilience and well-being.

The games she designs, from world-renown apps like **SuperBetter** to custom mini-games used in her interactive presentations, challenge players to tackle real-world problems such as their own symptoms of anxiety, depression, and chronic pain as well as larger societal issues including poverty, hunger, and climate change. Her games have been used by organizations including the World Bank, the New York Public Library, the International Olympics Committee, and the American Heart Association.

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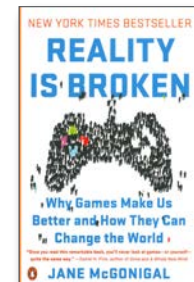
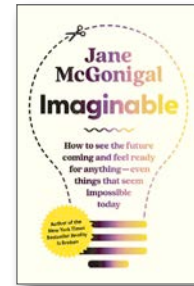
## Topics & Books

*Education  
Gaming  
The Future  
Technology*



Combining decades of psychological and neurological research with extensive gaming expertise, Jane's books bring to light the power that games have on us and the world at large. Her newest book, *Imaginable: How to See the Future Coming and Feel Ready for Anything – Even Things That Seem Impossible Today*, teaches us how to train our brains to think the unthinkable and imagine the unimaginable using the same tools she used to predict the COVID-19 pandemic. *SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient*, which debuted at #7 on the *New York Times* Advice bestsellers list, explains how we can cultivate resilience in everyday life by bringing the same psychological strengths we naturally display when gaming to our real-world goals. In her bestselling first book, *Reality Is Broken: How Games Make Us Better and How They Can Change The World*, Jane reveals how we can use the lessons of game design to fix what is wrong with the real world and ultimately make humans happier.

Jane is a two-time winner of the Association of Professional Futurists' Most Important Futures Work of the Year award and was named a Young Global Leader by the World Economic Forum. She was named one of 50 people making the biggest impact in games by *Game Developer Magazine* and one of 20 most inspiring women in the world by *O Magazine*. She received her PhD in performance studies from University of California at Berkeley.



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