



BIOGRAPHY

TRISTAN HARRIS

“AI and the Future of Us: An Oprah Winfrey Special”

Tristan Harris has spent his career studying how today’s major technology platforms have increasingly become the social fabric by which people live and think, wielding dangerous power over the ability to make sense of the world. Named to the TIME 100 “Next Leaders Shaping the Future” and Rolling Stone Magazine’s “25 People Shaping the World,” Harris is co-founder of the [Center for Humane Technology](#), which is catalyzing a comprehensive shift toward humane technology that operates for the common good, strengthening the capacity to tackle the world’s biggest global challenges. He is the co-host of [“Your Undivided Attention,”](#) consistently among the Top 10 technology podcasts on Apple Podcasts, which explores how social media’s race for attention is destabilizing society and the vital insights needed to envision solutions. Harris was also the primary subject of the acclaimed Netflix documentary [“The Social Dilemma,”](#) which unveiled the hidden machinations behind social media and has reached an estimated 100 million people worldwide, streaming in 190 countries in 30 languages. He has briefed heads of state, technology company CEOs, and members of the U.S. Congress, in addition to mobilizing millions of people around the world through mainstream media campaigns.

From his childhood as a magician to his coursework in Stanford’s Persuasive Technology Lab and later as a design ethicist at Google, Harris has explored the influences that hijack human attitudes, behaviors and beliefs. Following his 2013 viral internal presentation at Google, “A Call to Minimize Distraction & Respect Users’ Attention,” which sounded the alarm on the harms posed by the attention economy, Harris began to surface these issues in public conversation via “60 Minutes” and a TED Talk in 2017. The deep resonance of the ideas led to the Time Well Spent movement, which sparked product changes at Facebook, Apple and Google, and laid the groundwork for the launch of the Center for Humane Technology as an independent nonprofit in 2018.