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JOAN LUNDEN

[Joan Lunden](#) is an award-winning journalist, bestselling author, television host, and motivational speaker who has been a trusted voice in American homes for over 40 years. For nearly two decades, Lunden greeted viewers each morning on *Good Morning America*, making her the longest-running female host on early morning television.

Lunden remains one of America's most recognized and trusted journalists, making her a sought-after speaker for events nationwide. As an ardent health and senior advocate, Lunden has testified before the Food and Drug Administration advocating mandatory mammogram reporting and the Congressional House Ways and Means Committee advocating for the Family and Medical Leave Act.

Lunden hosts the PBS television series *Second Opinion with Joan Lunden* and the Washington Post Podcast series, *Caring for Tomorrow*, which is about the future of healthcare. Lunden is also the ambassador to the Poynter Institute's MediaWise for Seniors program, which educates individuals over 50 on media literacy—separating fact from fiction online. Lunden recently served as a visiting professor at Lehigh University in their College of Health, teaching Population Health and the Media.

One of the most visible women in America, Lunden has graced the covers of more than 60 magazines and book covers. Her latest book, *Why Did I Come into This Room: A Candid Conversation About Aging*, quickly became a *New York Times* bestseller.

In June 2014, Lunden was diagnosed with triple-negative breast cancer. An eternal optimist, she turned her diagnosis and subsequent cancer treatment into an opportunity to become an advocate to help others. Lunden shared her battle against breast cancer in her book *Had I Known*.

Lunden continues interacting with Americans daily on her website, joanlunden.com, and through her social media platforms. She has served as a national spokesperson for organizations such as the American Heart Association, Mothers Against Drunk Driving, American Lung Association, American Red Cross, American Academy of Pediatrics, and the Colon Cancer Alliance.

Joan Lunden truly exemplifies today's modern working woman.

Joan Lunden's books include *Why Did I Come into This Room: A Candid Conversation About Aging*; *Had I Known*; *Chicken Soup for the Soul: Family Caregiving*; *Growing Up Healthy: Protecting Your Child From Diseases Now Through Adulthood*; *Wake-Up Calls*; *A Bend in the Road is Not the End of the Road*; *Joan Lunden's Healthy Living*; *Joan Lunden's Healthy Cooking*; *Mother's Minutes*; *Your Newborn Baby*; and *Good Morning, I'm Joan Lunden*.