

Andru Defeye is a nationally recognized poet, writer, cultural strategist, and creator of *The Great Joy Hunt*, an ongoing exploration of what helps human beings build more joyful lives without pretending life isn't hard.

The project began in the aftermath of profound personal loss, when Defeye became interested in a deceptively simple question: How do we find our way back to joy when life gives us very real reasons not to feel it? Today, *The Great Joy Hunt* brings together neuroscience, psychology, lived experience, poetry, and practical tools to explore joy not simply as an emotion, but as something we can learn to notice, understand, and practice. His work currently appears as a regular column for PBS KVIE's *Abridged*.

Defeye served as Sacramento Poet Laureate from 2020–2024 and was named a 2022 Academy of American Poets Laureate Fellow. His work has been recognized by the Library of Congress, taught in classrooms, and performed on stages across the country. In 2023, he received the Key to the City of Sacramento for his contributions to arts, culture, and community.

Across all of his work, Defeye is interested in the places where grief and joy coexist, and in helping people build lives spacious enough to hold both.