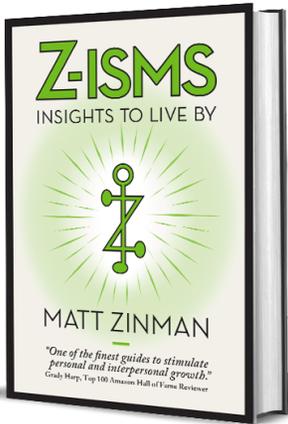




MATT ZINMAN

Matt Zinman is a difference-maker devoted to personally enrich the lives of at least 100 million people by 2025. He is the author of *Z-isms: Insights to Live By*, host of the podcast, "Insights to Live By," and CEO of a nonprofit, The Internship Institute, which he established in 2007 to "Make Experience Matter."

AUTHOR



Richly authentic, deeply personal and highly motivating, *Z-isms* offers new ways to better ourselves, our experiences and our encounters.

Matt keeps it casual, as though in private conversation with readers, freely sharing his life experiences as an entrepreneur, athlete, single parent, caregiver and nonprofit founder to help navigate and overcome common challenges we all face.

It's impossible to read this book and not be better for it.

PODCAST HOST

Featuring weekly shows that alternate guest and solo episodes, *Insights to Live By* uncovers new pearls of wisdom to put into action from mindset and self-discovery to relationships and personal interactions with tips to enrich living.



Z-isms [Zee-iz-umz] (noun)

Inspirational pearls of wisdom, original wit, or personal experience shared to positively impact the lives of as many people as possible.

Insights to Live By

"Z-isms is one of the finest guides to discover our true self and stimulate personal and interpersonal growth."

Grady Harp
Amazon Top 100 Reviewer

"A highly personal and practical primer packed with anecdotes and life lessons. It's also well-written, easy to understand, concise and often quite funny."

John J. Kelly
Detroit Free Press

"Matt Zinman has provided each and every one of his readers with a blueprint for success, both in business and in life."

Susan Keefe
Midwest Book Review
5 Stars



C O N T A C T

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MEDIA APPEARANCES

Matt is a frequent lecturer and inspirational speaker at colleges, universities, professional associations, civic organizations and corporate events. He is also sought-after for guest appearances.



★★★★★

"Insights to Live By is a refreshing take on life and how to succeed."

★★★★★

"Listeners get to go on a journey to be inspired with interesting conversation and guests."

★★★★★

"Funny, engaging and very insightful. Great questions and a lot of fun."

★★★★★

"I had the honor of having Matt on my podcast and he was amazing! I really like what Matt has done with his podcast and I would highly recommend it to anyone who wants to gain more wisdom and who wants to succeed in life."

★★★★★

"Great conversations and actionable advice!"

★★★★★

"This show can give you an awakening you might really need."

★★★★★

"Matt's down to Earth personality and heartfelt style, makes his show both genuine and impactful."

KEYNOTE SPEAKER

Delivering dynamic, high-energy keynote presentations, his style incorporates personal anecdotes and his brand of humor. See sample topics below to explore how he may tailor to inspire audiences and enrich their lives.

SAMPLE TOPICS

- Enrich Living with Earned Confidence
- Seeing Things as They Are (Perception)
- Mood Health and Optimal Self-Care
- Decision-making in the Moment
- Swimming with the Current (Managing Energy)
- Making Coincidences Matter
- Harnessing Gratitude (Law of Attraction)
- Making Goal Achievement Inevitable (Legacy)

COLUMNIST

Matt is also a featured columnist in *Best Holistic Life Quarterly Magazine* where nearly 200,000 subscribers enjoy his "Seasonal Insights with Matt Zinman."



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