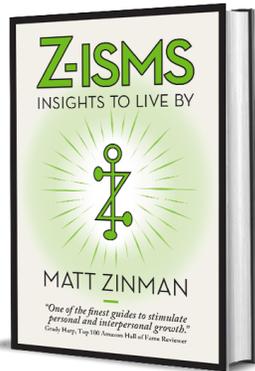




MATT ZINMAN

Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 100 million people by 2025. He is the highly acclaimed author of *Z-isms: Insights to Live By* and host of the podcast, "Insights to Live By." He has also adapted *Z-isms* into three courses: a WellBeing Reset employee enrichment program, a 29-day Life Upgrade and a 7-Day Mindset Reset. Matt's second book is due out in 2023.

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.

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.



COURSE CREATOR



The Life Upgrade, WellBeing Reset and Mindset Reset courses put *Z-isms* into action as truly transformational life enrichment programs that provide highly personalized, comprehensive and practical learner experiences to cultivate the essential skills and habits for people to thrive and improve their lives for good.

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



def. Happierness (noun)

The premier mindset of *Z-isms* to be intentionally present and have a reflex of positivity by **choosing** to make the best of every situation.



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."

★★★★★

"After every episode, I truly feel I have learned something new that I can apply to my own life in a positive way."

★★★★★

"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

- The Happier Mindset
- Being a Life Athlete ("Life-Work Balance")
- Self-Kindness: Life Enriching Building Block
- Outsmarting Worry with Earned Confidence
- Mood Health and Optimal Self-Care
- Seeing Things as They Are (Perception)
- Swimming with the Current (Managing Energy)
- Being Aware of Spiders (Defuse Manipulators)
- Harnessing Gratitude (Law of Attraction)
- Cultivating Joy and Meaning in the Present
- Making Goal Achievement Inevitable (Legacy)
- Putting Jobseekers in the Driver's Seat

COLUMNIST

Matt is also a featured columnist in *Best Holistic Life Magazine* where nearly 500,000 subscribers enjoy his "Seasonal Insights with Matt Zinman."



C O N T A C T

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