

BRYAN FALCHUK

AUTHOR | SPEAKER | LIFE COACH

Podcast Intro

My guest today, Bryan Falchuk, is a best-selling author, professional speaker and life coach. He's also been a C-level executive and part of several startups. He's also committed to helping people overcome and achieve in their lives after overcoming his own challenges. Bryan's best-selling first book, *Do a Day*, teaches his approach to overcoming what stands in our way in life. His latest book, *The 50 75 100 Solution: Build Better Relationships*, helps people see their power to make their relationships healthier and happier in business, in their family and in life overall. He has spoken at TEDx events, and has written articles for many major publications like Inc. Magazine, the Chicago Tribune, and LA Times. He's transformed his life inside and out, and he's here today to share how with all of you.

Bio

Bryan Falchuk is a best-selling author, speaker and life coach. He has faced major adversities and learned how to overcome and achieve. From obesity to running marathons, from career struggles to success as a C-level executive, from watching illness threaten his family to finding lasting health, he has been through many lessons he used to develop his unique approach to inspiring others to succeed.

Bryan's best-selling first book, *Do a Day*, teaches the philosophy he developed to find your true motivation, set meaningful goals and achieve them by freeing yourself of judgment of the past and fear of the future. His latest book, *The 50 75 100 Solution: Build Better Relationships*, helps people see the power they have to make their relationships healthier and happier. Both his books come directly from his experience facing his own barriers so he could move his life forward.

Bryan's work has been featured in many top publications like Inc. Magazine, Business Insider, The LA Times, Chicago Tribune and more. He is a frequent speaker at corporate events, conferences, universities and has spoken at multiple TEDx events. He has been a featured guest on over 150 podcasts and radio shows, and hosts his own weekly show, *The Do a Day Podcast*.

Bryan holds an MBA from the Tuck School of Business at Dartmouth College, and has been a C-level executive and board advisor in the insurance and tech spaces.

Headshots

Below are links to several headshot options:

bryanfalchuk.com/headshots/1.jpg
bryanfalchuk.com/headshots/2.jpg
bryanfalchuk.com/headshots/3.jpg
bryanfalchuk.com/headshots/4.jpg

bryanfalchuk.com/headshots/5.jpg
bryanfalchuk.com/headshots/6.jpg
bryanfalchuk.com/headshots/7.jpg
bryanfalchuk.com/headshots/8.jpg

This file is available in plain text to make it easier to copy and paste into your episode show note page [at this link](#)

BRYAN FALCHUK

AUTHOR | SPEAKER | LIFE COACH

Key Web Links & Social Media

Website: <http://www.bryanfalchuk.com>

Facebook: <http://www.facebook.com/bryanfalchuk>

Twitter: @bryanfalchuk (<http://twitter.com/bryanfalchuk>)

Instagram: @bryanfalchuk (<http://instagram.com/bryanfalchuk>)

TEDx Talks: <http://www.bryanfalchuk.com/tedx>

Media Kit

bryanfalchuk.com/mediakit

Speaker One Sheet

www.bryanfalchuk.com/onesheet

How to Pronounce Bryan's Last Name

MP3 Pronunciation available at: <http://www.bryanfalchuk.com/pronounce>

This file is available in plain text to make it easier to copy and paste into your episode show note page [at this link](#)