



David Romanelli

As a bestselling author, wellness innovator, and entrepreneur, David Romanelli brings a unique, seasoned, and entertaining approach to today's pressing challenges of work-life balance, stress, information overload, and the overall desire to live a happier, healthier life. He fuses ancient wellness practices with modern passions that give people accessible tools to overcome stress, focus their mind, and improve their relationships at work and home.

His newest book *Happy is the New Healthy: 31 Ways to Relax, Let Go, and Enjoy Life NOW* launched in January 2015. David's 15 years of experience in the wellness and lifestyle industry, including over a decade touring and presenting around the world, gives him a wide range of expertise to speak with humor and knowledge that connects with audiences both large and small. He has been featured in *The New York Times*, *Food & Wine*, *Wall Street Journal*, and *Newsweek*.

Speech Topics

Relatability

When you can relate to someone, you want to work with them, you want to do business with them, you want to be around them. It is a key pillar in happiness and will be told through a series of stories, featured in the updated paperback release of Dave's bestselling book: *Happy is the New Healthy*.

The research shows that when our priority is to project strength, we tend to alienate others. The way to influence—and to lead—is to begin with warmth, to be relatable!

In his speech, Dave will share examples of people who thrive on relatability and what we can learn from them to make ourselves more connected and more relatable at work...and at home.

It's Not a Myth: Professional Success AND Personal Happiness

The common myth is that we can measure out our time and achieve balance. But the reality is, meetings go long, our partners get frustrated, we feel like we are not spending



enough time with our kids, and we are stressed to the bones keeping up with the everyday demands of life. Is there a solution? YES! Based on his 15 years of expertise focused on improving present moment awareness in modern culture, David Romanelli shares the secret to overcoming the overwhelming demands of life. When you are with your kids, be with your kids! When you are with your clients, be with your clients! When you are taking "me time," be with yourself! Dave will teach skills rooted in the ancient world that will enable listeners to overcome distraction and be fully present to improve productivity, likeability, mental health, and overall happiness at both work and home.

The Secret Power of Chocolate - Getting Through Daily Stress with Daily Indulgences

Research shows that happiness comes from frequency of positive experience rather than the intensity of positive experience. Based on his highly acclaimed work with chocolatiers, chefs, and musicians, David Romanelli will share how the small victories are the keys to overcoming stress, improving focus, and enhancing balance. By inspiring listeners to rejuvenate their sensory perception (there's no app for touch, taste, and smell), laugh out instead of lash out (humor heals!), and develop a keen sense of gratitude, David shares a foundation for health and happiness that cannot be learned at the doctor's office or in a health book. Life's greatest moments are not emails or photos. Such moments must be felt, touched, and tasted. David will leave listeners with the passion to lead deeper, fuller, richer lives.

Happy is the New Healthy...and the New Successful

Inspired by his new book *Happy is the New Healthy* (January 6 from Skyhorse), David will emphasize that true health is not strict dieting and vigilant exercise. While those play a role, the deep secret to living well is resilience, humor, and joie de vivre. Dave will share tips and tools rooted in positive psychology, inspired by Ancient Eastern wisdom, yet relevant to the demands of modern business and life. Listeners will leave with the refreshing reminder that happiness is not found exclusively on Sundays or vacations, but in the simple pleasures we celebrate each and every day.

Ageless Advice from the Oldest and Wisest

There are countless professional development and self-help books from the latest and greatest authors, yet some of the richest sources of wisdom are from the elders living among us. These people fought in World War 2, marched for Civil Rights, and lived through the Prohibition, the Great Depression and countless boom and bust cycles. If you are lucky, you may still have an elder relative, parent or grandparent, someone who can share from their 80, 90, even 100 years walking the path as an executive, parent, and spouse. That's the driving force behind Dave Romanelli's mission: to learn from and share the stories and wisdom of our elders, before it's too late. From a 111 year old woman (bore before JFK) whose secret to longevity was "sex, vodka, and spicy food" to a 90 year old Auschwitz survivor who lost all 10 family members in the Holocaust, the elders Dave has met have stories and lessons that are as relevant today, in 2017, as they were back in 1906 or 1943. These elders tend to be lonely and isolated, and would love to share their guidance if only we would listen. Dave is the author of two books which reached #1 on Amazon's Healthy



Living Bestseller list. This topic is the subject of his third book which is due to be published by Skyhorse in 2018.

