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JAMES CLEAR

#1 New York Times Bestselling Author of Atomic Habits, Top Booked Keynote Speaker and founder of Habits Academy

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- “Atomic Habits” is officially the #1 best-selling book on Amazon for 2021
- The book spent every week of 2021 on the New York Times best-seller list—usually in the #1 or #2 spot. It is also currently the #1 audiobook on Audible
- His entertaining talks teach audiences about small habits, decision-making, and continuous improvement
- As of 2022, his book Atomic Habits has sold over 5 million copies worldwide

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James Clear is a personal development keynote speaker and the author of the #1 New York Times Bestseller Atomic Habits. His entertaining talks teach audiences about small habits, decision-making, and continuous improvement.

James doesn't merely report the research of others. He tries out the concepts for himself as he experiments with building better habits as an entrepreneur, writer, and weightlifter. In the end, his talks end up being one-part storytelling, one-part academic research, and one-part personal experiment, forming a colorful blend of inspirational stories, academic science, and hard-earned wisdom.

As of 2022, his book Atomic Habits has sold over 5 million copies worldwide, enjoyed over a year on the New York Times bestseller list, spent over 33 weeks on the Wall Street Journal bestselling list, and topped Amazon's Most Sold List for over 31 weeks. Readers have given the book consistently high ratings: Amazon (4.8/5 stars), Audible (4.8/5 stars), and Goodreads (4.32/5 stars). Atomic Habits was also featured three times in the WSJ Bestselling Books Week Ended June 2021 under the topics of Hardcover Nonfiction, Nonfiction E-Books and Nonfiction Combined.

His thought leadership regularly appears in the New York Times, Entrepreneur, Business Insider, Medium, and Time, and he is a regular guest for CBS This Morning. In addition, he helps millions of visitors each month through his website and hundreds of thousands subscribe through his popular email newsletter.

He is a regular speaker at Fortune 500 companies and his work has been used by teams in the NFL, NBA, and MLB. Through his online course, The Habits Academy, Clear has taught more than 10,000 leaders, managers, coaches, and teachers how to improve.

Audiences come away from his talks learning how to:

- Build a system for getting 1% better every day.
- Break bad habits and stick to good ones.
- Avoid the common mistakes most people make when changing habits.
- Overcome a lack of motivation and willpower.
- Develop a stronger identity and believe in yourself.
- Make time for new habits (even when life gets crazy).
- Design an environment to make success easier.
- Make tiny, easy changes that deliver big results.

- Get back on track when you get off course.
- Put these ideas into practice in real life.

James is a supporter of the Against Malaria Foundation, donating five percent of his income to support AMF in distributing nets to protect children, pregnant mothers, and families from mosquitos carrying malaria. It is one of the most cost-effective ways to extend life and fulfills his bigger mission to spread healthy habits and help others realize their full potential.

TEMAS

James tailors each presentation to the needs of his audience and is not limited to the topics we have listed below:

- Peak Performance
- Productivity
- Habits
- Personal Development

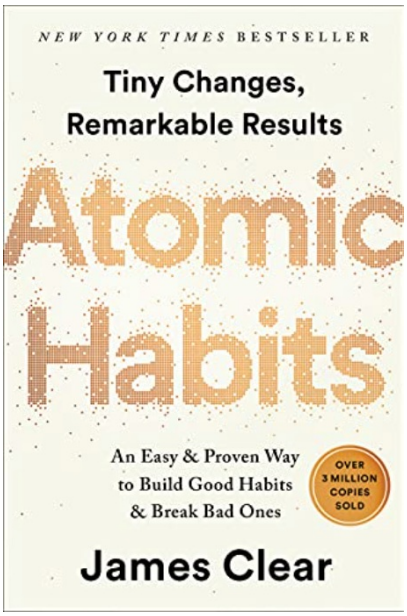
PROGRAMAS

Atomic habits: how to get 1% better every day

How can you see dramatic improvement in your personal and professional life? The natural impulse is to attempt big steps to improve. However, taking big steps often results in failure or only temporary gains. You rarely see the permanent results you want. The key to successful change is in small habits. In this entertaining talk, James Clear focuses on the science of small habits, how they work, and how their effects compound and multiply over time. Through research and personal stories, audiences will not only be entertained but also come away with practical strategies they can immediately apply in their personal and professional lives.

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ATOMIC HABITS



HÁBITOS ATÓMICOS

CONDICIONES

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- **Fee Range:** Please Inquire