

Biography

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*.