

## David Romanelli

- **V2.0: Happy is the New Healthy**

We live in a world of podcasting life hackers who have every formula to make more money, get in better shape, and live your best life. But these podcasting life hackers are young and there's no way to know if their advice will stand the test of time. David Romanelli is on a mission to ask our oldest and wisest citizens for their time-tested formula on health and happiness. Following up on the advice he received from the 111-year-old who attributed her longevity to sex, vodka, and spicy food, David is excited to share this new and updated version of his "Happy is the New Healthy" speech. When listening to the wisdom of vibrant, inspiring, hilarious 80, 90, and 100-year-olds, you realize they know something that really works through decades of balancing work and marriage and parenting. David will share stories and wisdom from elder CEOs, great grandmothers, decorated World War 2 veterans, centenarian athletes. They've had so many successes, so many losses, and through it all, they have an ageless message that will cut through your stress, anxiety and busyness and remind you HAPPY will always and forever be... THE NEW HEALTHY

- **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, a 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.

- **What Leaders Need To Hear... From People Who Have Lived Through It All**

Building off the life lessons of the 111-year old lady who inspired his previous book, *Happy is the New Healthy*, which twice reached #1 on Amazon's Healthy Living Bestseller List, David Romanelli's new book shares stories and wisdom from seven years of interviewing the oldest and wisest Americans. "The elders will teach you something that you cannot learn from the most famous bestselling authors or the most high-impact business coaches or the most polished self-help gurus." One elder Romanelli interviewed sold his company for hundreds of millions of dollars and emphasizes his secret: the power of the individual to create change by believing they can make a difference. Some of the elders Romanelli interviewed raised five or seven or nine children, as single moms. They know a thing or two about parenting. Other elders managed to survive the Nazis and Auschwitz or five months as a POW. They know a thing or two about getting through hard times. And others have a great sense of humor and remind us to keep it light and easy when

you tend to make it dark and difficult. One elder Romanelli met is a 103-year-old who began driving a horse & buggy, then a Model A Ford, and now a yellow Smart Car. She said, "The first 100 years were the hardest. Everything after that is a breeze."

Romanelli draws from his new book, *Life Lessons of the Oldest and Wisest*, a #1 Pre-Release Bestseller on Amazon and now available in book stores, reminds us that countless professionals, parents, and partners have walked the earth before us. They've had triumph and failures...booms and busts...and have the advice we all need to hear...if only we would listen.

- **100 is The New Everything**

With age and history comes wisdom and power. This has not been a message from the American past but this is part of America's ever-evolving story. As our population changes and 10,000 people turn 65 every single day, there is an increased emphasis on the relevance of the elder, whether it's an individual or an organization. Wellness innovator and bestselling author David Romanelli poses this question: what really stands the test of 80, 90, 100 years of tried and tested experience in business, health, and happiness? Romanelli gives our oldest and wisest citizens a platform to share their stories and wisdom to younger audiences across the nation. In his new book and speech, Romanelli shares these elder stories that offer heartwarming, hilarious, and occasionally heartbreaking stories from World War 2 veterans who made it through impossible battles, single moms who raised 8 children on their own, and 111 year-olds whose attitude of joie de vivre will inspire you to savor the wine and devour the chocolate! David will leave your audience with the rousing realization that 100 is not just contemporary, relevant, and important...it's AWESOME!