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JAMES CLEAR

James Clear is a personal development virtual 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 2021, his book *Atomic Habits* has sold over 4 million copies worldwide, enjoyed over a year straight 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).

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.