

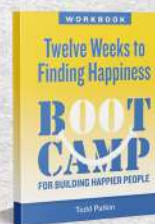
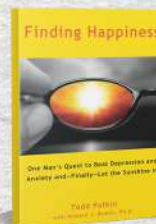


*toddpatkin.com*



# TODD **PATKIN**

## THE HAPPINESS CODE CRACKER



Author    Speaker    Chief Happiness Officer



# FROM BREAK-DOWN **TO BREAK-THROUGH**

## **The Perfect Life That Wasn't:**

Despite outward success—financial prosperity, loving family, respected position—Todd was extremely Stressed. At age 36, he suffered a devastating breakdown that became his breakthrough.

**18 Years** Building Business

**Age 36** Breakdown

**12 Week** Program

*"Happiness isn't measured by what your life looks like, but by how you look at your life." - Todd Patkin*

## **His Mission:**

Help as many people as possible live much happier and much less burdened lives through authentic vulnerability and proven strategies.

# SIGNATURE **PROGRAMS**

## **THE HAPPINESS BOOT CAMP**

### **12-Week Course for Building Happier People**

Evidence-based strategies for lasting happiness.  
Step-by-step transformation process.  
Practical tools for personal and professional life.  
Perfect for corporate wellness programs.

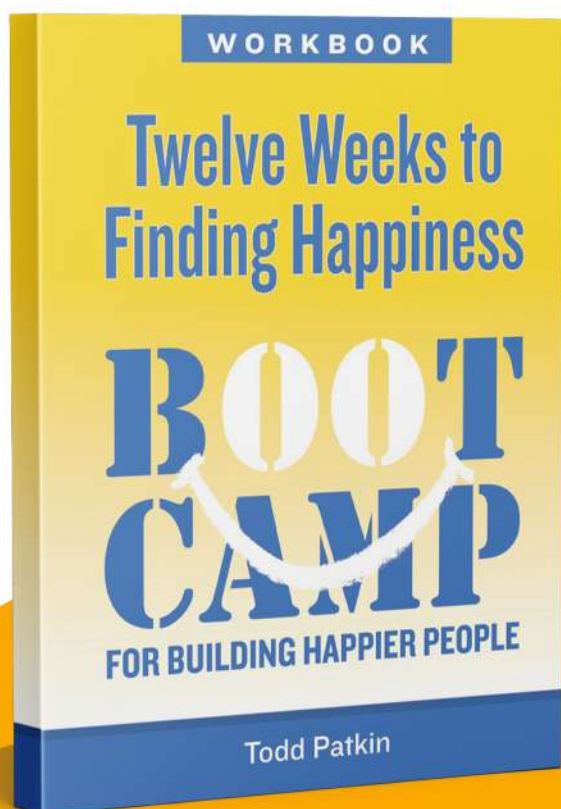
### **"FINDING HAPPINESS" MULTIMEDIA EXPERIENCE**

**Bestselling Book:** "Finding Happiness: One Man's Quest to Beat Depression and Anxiety and—Finally—Let the Sunshine In"

**Interactive Workbook:** Hands-on exercises and reflection tools

**12-Part Video Series:** Weekly assignments for sustainable change

Visit [ToddPatkin.com](http://ToddPatkin.com) to access the book, workbook, and videos.



Also  
**FEATURED ON**



# SPEAKING TOPICS

## **"Cracking the Happiness Code"**

*Why success doesn't equal happiness and how to find authentic fulfillment*

## **"The Perfect Life Illusion"**

*How perfectionism and achievement addiction destroy happiness*

## **"Happiness as Daily Choice"**

*Practical strategies for choosing happiness regardless of circumstances*

## **"Building Happier Teams"**

*Creating workplace cultures that prioritize well-being and productivity*

## WHY TODD PATKIN?

### **AUTHENTIC VULNERABILITY:**

Shares real breakdown story with raw honesty.

### **PROVEN SUCCESS:**

Built and sold multi-million-dollar business (Foreign Autopart/Advance Auto Parts)

### **EXPERT COLLABORATION:**

Co-authored with renowned psychologist Dr. Howard J. Rankin (featured on CNN, The View, ABC's 20/20)

### **UNIVERSAL APPEAL:**

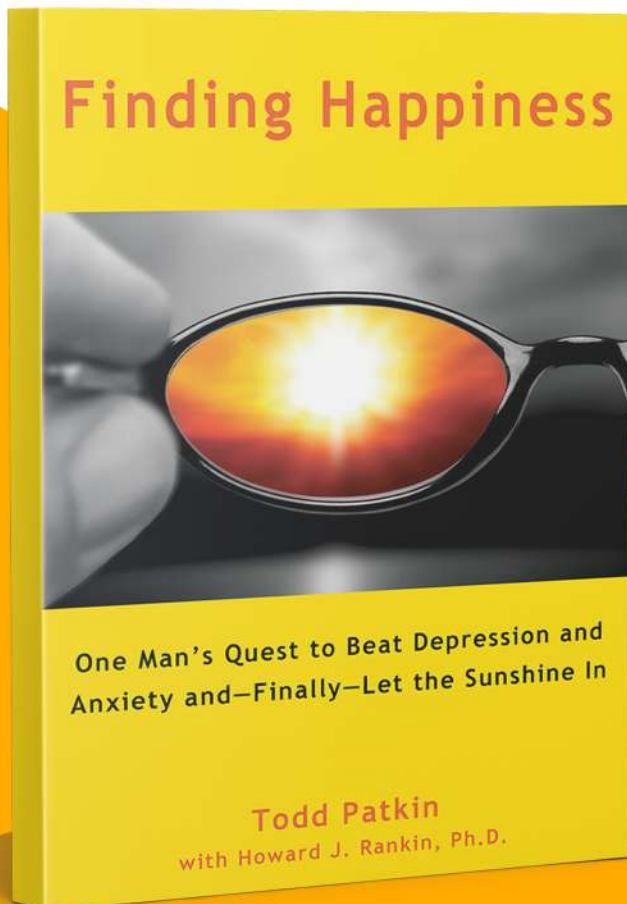
Message resonates across all demographics and industries

*"Todd is a gifted storyteller. The powerful, uplifting stories he shares provide a true-life path that can take any one of us from despair to hope, from anguish to joy."*

**- Dr. Richard Levin, Executive Coach & Leadership Developer**

*"Depression with high achievers is sadly too common. Todd courageously pulls back the curtain on this disorder and reveals a practical prescription to a more balanced and satisfying life."*

**- Jeffrey S. Davis, CEO & Founder of Mage, LLC**





## CREDENTIALS

### **Tufts University Graduate**

#### **Former President:**

Grew family business to acquisition by Fortune 500 company.

#### **Bestselling Author:**

"Finding Happiness" series.

#### **Chief Happiness Officer & Professional Speaker**

#### **Featured Guest:**

Multiple radio shows and podcasts

#### **Philanthropist:**

Dedicated to giving back and community service

## PERFECT FOR:

### **PODCASTS**

Compelling personal story combined with practical advice creates engaging content.

### **CORPORATE EVENTS**

Employee wellness programs, leadership development, team building initiatives

### **EDUCATIONAL INSTITUTIONS**

Student mental health awareness, resilience training, life skills development

### **HEALTHCARE ORGANIZATIONS**

Professional burnout prevention, patient care excellence, work-life balance

### **PERSONAL DEVELOPMENT EVENTS**

Self-help conferences, wellness retreats, mental health awareness programs

### **PROFESSIONAL ASSOCIATIONS**

High-achiever wellness programs, executive coaching, stress management

# KEY MESSAGES

*"Real happiness is the daily act of choosing to accept and love yourself as you are."*

*"You can control your thoughts and reactions to everything that happens in your life."*

*"It's not what your life looks like, but how you look at your life."*

## WHAT MAKES THIS DIFFERENT

In a world where mental health challenges are at an all-time high, Todd offers hope, practical solutions, and proof that transformation is possible. His message cuts through typical self-help noise with raw authenticity and proven strategies.

Whether your audience consists of high-achieving professionals, struggling students, or anyone seeking genuine happiness, Todd's story and system provide the roadmap they need.

### **FREE RESOURCES FOR YOUR AUDIENCE:**

Digital versions of Todd's materials book, workbook, and video series—are available to help maximize impact and accessibility. Access them at [toddpatkin.com](http://toddpatkin.com).

## BOOKING INFORMATION

**Contact:** Greg Voisen

**Website:** [ToddPatkin.com](http://ToddPatkin.com)

**Email:** [greg@eluminate.net](mailto:greg@eluminate.net)

**Phone:** (760) 631-2631

**Todd Patkin doesn't just talk about happiness—he lived the journey from darkness to light and shows others how to do the same.**