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

### The Oldest Secrets to Health, Success, and Happiness

In our age of artificial intelligence, genetic engineering, and quantum computing, what if your greatest life advances actually came from listening to the advice of your elders? For the past 10 years, David Romanelli has interviewed elders in their 80’s 90’s and 100’s and wrote a book entitled LIFE LESSONS FROM THE OLDEST AND WISEST. He has found the greatest life hacks come not from the podcasting jet-set but from people nearing the end of their lives… weighing in on relationships, longevity, health, happiness, work-life balance, bouncing back from hard times, and the true meaning of “accomplishment.”

You will discover a renewed appreciation for the ones you love (because the elders remind us: they don’t last forever). You will get back to work inspired to loosen your grip, take a deep breath, and make more time EVERYDAY for “joie de vivre!”

### 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 latest book, *Lessons from the Oldest and Wisest* 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.”