

# Graham Lutz



## THE SHORT VERSION:

I'M A SPEAKER, AUTHOR, EDUCATOR,  
AND CONSULTANT

Whether through my writing, videos, or workshops, my mission is to help others rewrite their personal narratives, overcome their limiting beliefs, and unlock their full potential.

I believe that by understanding our brains better, we can lead more fulfilling lives, create more compassionate communities, and solve the big problems facing humanity.

My work is informed by my own journey of **self-discovery, religious deconstruction, neuroscience and psychology education, and my diagnosis of ADHD**, which has shaped my understanding of how our brains and beliefs influence our lives.



## PEOPLE I'VE PLAYED WITH



## What the hell do I talk about?

✓ **Mastering the willingness**

TO BE WRONG

✓ **Ghost in a meat suit:**

APPLYING ABSURDITY TO EVERYDAY LIFE

✓ **Harnessing Neurodiversity**

FOR FUN AND PROFIT

## Statistics

**52M+**

VIEWS

**1473K+**

TIKTOK  
FOLLOWERS

**1.6M+**

LIKES

**9K+**

LINKEDIN  
FOLLOWERS

**28K+**

TWITTER  
FOLLOWERS

