



## James Clear

JOURNALIST

#1 New York Times Bestselling Author of Atomic Habits, Top Booked Keynote Speaker and Founder of Habits Academy



VISIT JAMES'S WEBSITE

### About:

- **Gender:** Male
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

### Engagement Types:

- Speaking

### Topics:

- Executive Development
- Leadership & Management
- Personal Development
- Team Leadership

## Biography Highlights

- **#1 New York Times Bestselling Author:** The book Atomic Habits has sold over 20 million copies worldwide and was the #1 bestselling book of the year on Amazon in 2023 and 2021.
- **Founder of Habits Academy:** Through the Habits Academy, over 10,000 leaders, managers, coaches, and teachers have learned to improve by building better habits.
- **Sought-After Keynote Speaker:** Delivers compelling presentations on building good habits, breaking bad ones, and improving performance, sharing scientifically-proven strategies with audiences worldwide.

## Biography

James Clear is a writer and keynote speaker focused on habits, decision making, and continuous improvement. His book, Atomic Habits, has sold over 20 million copies worldwide, has been translated into more than 60 languages and was the #1 best-selling book of 2021 and 2023 on Amazon and #1 audiobook on Audible. Clear is a regular speaker at Fortune 500 companies and his work has been featured in publications such as Time magazine, the New York Times, the Wall Street Journal and on CBS This Morning and Today Show Australia. He is a MasterClass instructor,

## Websites:

- [Website](#)

alongside the world's top experts such as Serena Williams, Neil Gaiman and Gordon Ramsay. His popular "3-2-1" email newsletter is sent out each week to more than 3 million subscribers.

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.

## More About James Clear

Some of James' engagements include Fortune 1000 and strategic clients such as Amazon, KPMG, Microsoft, A&T, Bristol-Myers Squibb, DellTechnologies, Facebook, Google, Liberty Mutual, Pfizer, JP Morgan Chase & Co., Procter & Gamble, Adobe, Cisco, Lockheed Martin, and Wells Fargo.

James Clear, one of the world's leading experts on habit formation, is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. In his book *Atomic Habits*, which has spent over four years on the New York Times bestseller list, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible.

## Audiences come away from his talks learning how to:

- Build a system for getting 1% better every day.
- Break bad habits and stick to good ones.
- Avoid the common mistakes most people make when changing habits.
- Overcome a lack of motivation and willpower.
- Develop a stronger identity and believe in yourself.
- Make time for new habits (even when life gets crazy).
- Design an environment to make success easier.
- Make tiny, easy changes that deliver big results.
- Get back on track when you get off course.
- Put these ideas into practice in real life.

James is a supporter of the Against Malaria Foundation, donating five percent of his income to support AMF in distributing nets to protect children, pregnant mothers, and families from mosquitos carrying malaria. It is one of the most cost-effective ways to extend life and fulfills his bigger mission to spread healthy habits and help others realize their full potential.

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## Videos



## James's Topics

### ATOMIC HABITS: HOW TO GET 1% BETTER EVERY DAY

How can you see dramatic improvement in your personal and professional life? The natural impulse is to attempt big steps to improve. However, taking big steps often results in failure or only temporary gains. You rarely see the permanent results you want. The key to successful change is in small habits. In this entertaining talk, James Clear focuses on the science of small habits, how they work, and how their effects compound and multiply over time. Through research and personal stories, audiences will not only be entertained but also come away with practical strategies they can immediately apply in their personal and professional lives.

## Testimonials

“

I am thrilled we were able to bring James' content (and his book!) to our people of ESPN. The numbers we had today for this event have been the highest we've seen for a keynote speaker since we went 100% virtual. The amount of texts, emails and DM's I got were unbelievable. The attendees absolutely loved the content!

**Shannon**  
ESPN

“

James is a strong, confident facilitator and his message was easily understood by the audience. He did a great job teaching and facilitating a conversation with our group about habits. It was a great experience and our team got a lot of valuable ideas from the time spent.

**Laura**  
North America Training Manager  
Lululemon

“

James has a natural delivery style that allowed him to connect to every audience member at their level without feeling he had all the answers, only that he had done and is doing the work himself. I would put James in front of any audience of any size.

**Marc**  
YPO

“

James delivered a compelling presentation about habit change and personal productivity that will influence how our students stretch themselves to pursue new opportunities. His work is clear and actionable in a way that breaks down some of the most challenging barriers that we all have to overcome. I would highly recommend James to any organization seeking to accomplish great things.

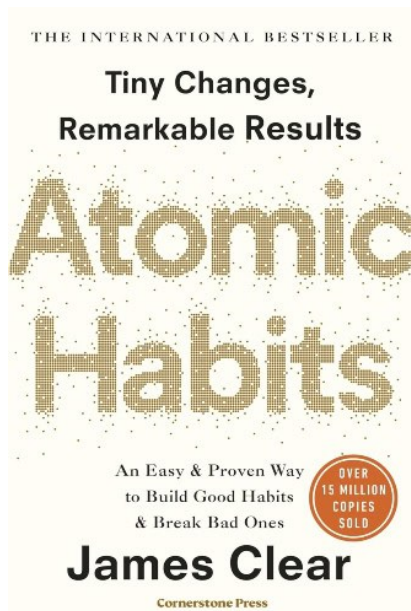
**Dan**  
CEO  
Trilogy Education Services

“

James nailed the talk. He won the attention of the audience from the beginning and kept increasing through to the end. My colleagues in the room told me that the audience listened to his talk without breathing. Awesome! The audience didn't want to let him go! The questions were coming back to back and James was very kind to pay attention to all.

Artisan Management Consultancy Group

## Books



### Atomic Habits: The life-changing million-copy #1 bestseller

Transform your life with tiny changes in behaviour, starting now. People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy. These small changes will have a revolutionary effect on your career, your relationships, and your life.

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