

**CONNECTION IS  
AT THE HEART OF  
EVERYTHING WE  
WANT. THIS BOOK  
IS OUR KEY.**

**—LORI GOTTLIEB**

*New York Times* bestselling author of  
*Maybe You Should Talk to Someone*

**AVAILABLE OCTOBER 1, 2024**

## **ABOUT *SUPER PSYCHED***

**Connection is everything. Let the therapist to Silicon Valley's top executives help you become super psyched by discovering your personalized formula for more energy, higher performance, better relationships, and a more meaningful life.**

The harmful effects of loneliness and lack of fulfilling relationships are well-documented—higher rates of anxiety, depression, sleeplessness, addiction, and even premature death.

In providing nearly 20,000 hours of intensive psychotherapy, Dr. Adam Dorsay has effectively treated hundreds of patients, from adolescent gang members to survivors of torture to Fortune 500 executives and professional athletes in the pressure cooker of Silicon Valley.

The common thread? They all struggled with the same sense of seemingly unshakable unhappiness.

The solution? Restoring or creating the deep bonds of connection to what truly mattered in their lives.

Drawing on more than a decade of practical research and Dorsay's groundbreaking work with Facebook as co-creator of its international resiliency program, *Super Psyched* reveals an innovative framework for readers to create their own Connection Formula—a customizable tool that allows users to strengthen their bonds in four basic areas: with others, the world around them, their spirituality, and (perhaps most importantly) themselves.

Packed with actionable advice, unforgettable stories, and unexpected insights, *Super Psyched* is the ultimate handbook for unleashing the power of connection to live the life you love.



## ABOUT THE AUTHOR

**Dr. Adam Dorsay** is a licensed psychologist and a certified executive coach working in private practice. He specializes in assisting high-achieving professionals—including tech executives, entrepreneurs, and professional athletes—with relationship issues, stress reduction, easing anxiety, and attaining more happiness in their lives.

He delivers lively and well-received keynotes and trainings at institutions like Microsoft, LinkedIn, and the California Psychological Association. He is also the host of the award-winning psychology podcast SuperPsyched, which in nearly two hundred episodes has featured interviews with everyone from NBA coaches to rock stars to world-famous comedians to bestselling authors and many more.

# PRAISE FOR SUPER PSYCHED

“Connection is at the heart of everything we want. This book is our key.”

—LORI GOTTLIEB

*New York Times* bestselling author of *Maybe You Should Talk to Someone*

“In a world brought down by disconnection and distraction, Adam Dorsay offers an uplifting guide to reclaiming genuine connection. *Super Psyched* is packed with practical wisdom and creative exercises to help you rediscover joy and meaning.”

—DANIEL H. PINK

*#1 New York Times* bestselling author of *The Power of Regret, Drive, and When*

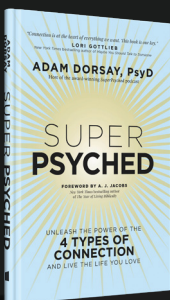
“It’s time for you to truly enjoy life again! Dr. Adam Dorsay combines incredible insight with thousands of hours of therapeutic experience to bring you this highly actionable blueprint for deeper, more meaningful connections.”

—MEL ROBBINS

*New York Times* bestselling author and host of *The Mel Robbins Podcast*

### IN AN INTERVIEW, ADAM CAN SPEAK TO:

- Why is connection so important and what forms can it take in relationships?
- What impedes authentic connection—both in our internal worlds and societally?
- What are the four types of connection and which ones are most important?



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Adam Dorsay is available for interviews, features, book events, speaking engagements, and appearances.

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