

## Unleash the Power of the 4 Types of Connection and Live the Life You Love with Adam Dorsay's Award-Winning Book 'Super Psyched'

**Connection is everything. Let a leading 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.

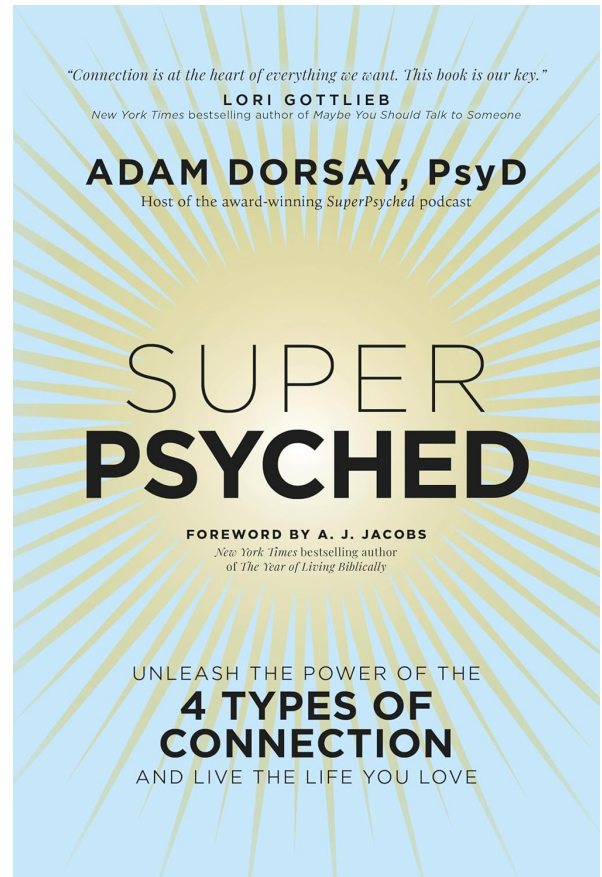
The common thread? They all struggled with the same sense of seemingly unshakable unhappiness.

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.

*Super Psyched* is available for sale on [Amazon](#) and [Barnes & Noble](#) (published by Amplify Publishing on October 1, 2024).



## **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***

“Drawing from his unique experience, research, and insights, Dr. Adam Dorsay guides readers to identify their unique ‘connection formula’ in this empowering invitation to embrace the remarkable work of living fully.” —**Guy Kawasaki, New York Times bestselling author of *The Art of the Start and Think Remarkable***

“The greatest predictor of both long-term happiness and success is the same: social connection. In a world awash with disconnection, *Super Psyched* provides a comprehensive and practical approach to creating more and better connections in every domain of life.” —**Shawn Achor, New York Times bestselling author of *The Happiness Advantage and Big Potential***

“The book is all about the importance of connection—connection with friends, connection with yourself, connection with spirituality, and connection with the world. After you read his inspiring story—about how he has struggled with loneliness, ADHD, and dyslexia, and about his charming relationship with his wife—I suspect you will feel a connection to him too.” —**AJ Jacobs, New York Times bestselling author of *The Year of Living Biblically***

“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 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*

## About the Author:

Dr. Adam Dorsay is a licensed psychologist and an executive coach in Silicon Valley where he serves high-achieving adults (including professionals, executives, entrepreneurs, and professional athletes).

He delivers lively and well-received keynotes and trainings at institutions like Microsoft, LinkedIn, and the California Psychological Association. He's also the host SuperPsyched, an award-winning podcast, and has delivered two highly regarded TEDx Talks: one about men and their emotions and the other about friendship in adulthood.

Adam is frequently called on by the media to weigh in on matters related to psychology, happiness, and resiliency.

In addition, he's a resiliency expert who co-created an international program for Facebook's Online Safety employees for several years. He now serves as the resiliency consultant to DigitalOcean.

Adam Dorsay's book *Super Psyched* is the winner of the 2025 International Impact Book Awards for Personal Growth and Development - Personal Development.

He is happily married, the father of two boys, and a dog named Raffi.

Readers can connect with Adam on [Instagram](#), [LinkedIn](#), and [Facebook](#).

To learn more visit [DrAdamDorsay.com](http://DrAdamDorsay.com)



Packed with actionable advice, unforgettable stories, and unexpected insights, Adam Dorsay's award-winning book "Super Psyched" is the ultimate handbook for unleashing the power of connection to live the life you love.

