

samuel strauch

author of **dear humans.**

a book for self reflection. observations not instructions.

funny. blunt. and uncomfortably honest.



Samuel Strauch is an entrepreneur and investor. **dear humans.** is his first book, written for people who are tired of personal growth books. A space for self reflection and exploration. All written intentionally in lowercase and periods only. [only the essential]. Samuel wrote it as an outside observer watching human behavior and reporting back with bluntness and amusement.

He wrote **dear humans.** to himself. The book he wishes he had read early in his life. It started after a medical crisis where he tried to fix everything from every angle, until he stopped fixing and started watching. He lives in Miami Beach.

"I overdosed on wellness and spirituality.
I was trying to control every aspect of my life."

for your show

- **He sees things differently.** Samuel has a distinctive way of looking at things and simplifying them, presented with wit and humor, so the audience arrives at its own conclusions.
- **A real conversation and a book.** No course, no coaching, no funnel.
- Hosts receive the hardcover before recording. After the episode, short produced clips in the book's visual style, for the show to use.

► **listen. samuel reads from chapter 1. one minute.**

dearhumansbook.com/listen

conversation topics

- **the fixing addiction.** when working on yourself keeps you stuck.
- **arguing with people who are not there.** in the room. in the shower. in the car.
- **you forgot that you forgot.** the RAM problem.
- **your thoughts are not yours.** you inherited. you adopted. you called it personality.
- **the inner critic is a feature not a glitch.** it has a job.

questions hosts can ask

- When does working on yourself become the problem?
- Who were you arguing with in the shower this week?
- What is the RAM problem?
- If my thoughts are not mine, whose are they?
- What job is the inner critic doing?



the book

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