

# Media Sheet: Dr. Seth Serxner

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Author: Dr. Seth Serxner

Book: *The Wellbeing Effect: Bite-Sized Practices for Busy People to Lead Happier, Healthier Lives*

Amazon: <https://www.amazon.com/dp/B0D3PSGZJB>

Website: [www.sethserxner.com](http://www.sethserxner.com)

Podcast: Host of The Health Literacy 2.0 Podcast

## Key Themes for Podcasts

- Evidence-based practices to build a wellbeing mindset
- Behavioral change that sticks (beyond 'willpower')
- Emotional wellbeing: gratitude, awe, connection, humor
- Lessons from trauma: recovery as transformation
- Health myths debunked (e.g., diet culture, wellness “shoulds”)

## Suggested Questions

- Why do most behavior-change programs fail?
- How can we move from guilt-based wellness to joy-based wellbeing?
- What changed after your ski accident—and how did it affect your view on health?
- What small actions have the biggest payoff in daily wellbeing?

## Speaker Bio

Dr. Seth Serxner is a nationally recognized health strategist with 30+ years in public health, employee wellbeing, and behavioral science. He’s advised Fortune 500 companies, shaped national wellbeing policy, and survived a life-altering accident that tested every principle he teaches. His message is clear: health doesn’t have to be hard—it can be personal, joyful, and sustainable.