



PROFILE

The purpose of J. A.'s life used to be avoiding his life as he battled depression and anxiety. But after a brush with the incredible and inexplicable, J. A. dove into ancient wisdom and mindfulness and discovered that simple things we do every day have the power to turn ordinary events into something extraordinary. Now, his purpose is to pass that message on.

J. A. is a coach and author who holds advanced degrees in comparative religion, law, and social work and has had careers as a comparative religion instructor, counselor, and attorney. J. A. brings a great diversity of scholarship, real-world experience, and teaching ability to any event.

CONTACT

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SOCIAL MEDIA

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J. A. PLOSKER

Award-Winning Author, Host, Speaker, and Facilitator on mindfulness, inspiration, and personal growth

Connecting you to the power of mindfulness, ancient wisdom, and the power of everyday life!

BODY OF WORK

Books

The Nobody Bible: Uncovering the Simple Wisdom in Ordinary Life
An Audible Silence

- ❖ Award-winning books - self-improvement and personal growth

Podcast

The Nobody Guide to Life (former host)

- ❖ Solo shows and interviews with leaders in personal growth

Videocast

J. A. Plosker – YouTube

- ❖ Tips and tools for mindfulness and personal growth

Sample Media

- ❖ Quoted in: Best Life, Bustle, EcoSalon, Thriveworks, Fatherly, The Ladders, Fupping, House Method, Inspiyr, and more!
- ❖ Heard on: WCKG Chicago, The God Show, One Idea Away, The Author Inside You, Wellness Radio, BITRadio, and more!

SELECTED TOPICS FOR TALKS AND WORKSHOPS

- ❖ Connecting with ancient wisdom in modern life
- ❖ Harnessing the power of mindfulness
- ❖ Stress and anxiety management
- ❖ The road to creating and publishing a book that inspires
- ❖ A custom topic to fit your audience's needs

APPEARANCES

- ❖ TEDx
- ❖ Health Healing & Happiness World Expo, National Association of Social Workers (AZ), World ORT, Brandeis National Committee, Fathers and Families Coalition of America
- ❖ Years of experience lecturing on comparative religion, philosophy, ethics, and social work at the collegiate level

REVIEWS

- ❖ "A very dynamic speaker."
- ❖ "Brilliant! Very moving."
- ❖ "High energy, and a very personal approach."