

# MATTHEW HUSSEY BIOS



## SHORT BIO

Matthew Hussey is a bestselling author, relationship/confidence coach, and international speaker whose resources and live events have empowered millions.

## MEDIUM BIO #1

Matthew Hussey is a *New York Times* bestselling author, relationship and confidence coach, podcaster, and international speaker whose resources—including a YouTube channel with more than 400 million views—and live events have enabled millions to nurture their love lives as well as their love for life.

## MEDIUM BIO #2

Matthew Hussey is the *New York Times* bestselling author of *Get the Guy*, and the creator and host of a top YouTube channel for dating and relationship advice. His sold-out live tours, immersion retreats, and powerful training videos have empowered millions, and his proven approach inspires people to get the relationships they deserve while feeling confident and in control of their own happiness.



Matthew  
Hussey

# LONG BIO

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I know what's supposed to happen here...

**I** talk about my family's financial insecurity growing up—bankruptcy, getting evicted from our house, squeezing into a trailer. I tell you that at the age of 11, I plucked *How to Win Friends and Influence People* from my dad's bookshelf—trailer or house, there was always a bookshelf—sparking a lifelong love for practical psychology that led to where I am today. Or the decision to start my own business at 21, which came from a horrifically self-sabotaged interview with a world-leading company right after college—a nightmare back then, though the nightmare now is how much I might have missed out on had I *gotten* the job. Or I tell you how, on a nightly basis, I nestled under my desk in a sleeping bag during the first few months of that business, unable to afford the rent for an actual apartment.

In storytelling, we're told to look for the *inflection point*: that key moment when everything changed and we became who we are today. I find these stories to be caricatured oversimplifications of our lives. Who we are is often the result of innumerable moments and decisions along the way—most of them run-of-the-mill, certainly not

“story-worthy.” Even the most dramatic moments in our lives often take time to lead to real change. I've had many “life-changing realizations” that required years of germination before the rubber met the road in applying them.

I've come to believe that *all* the moments of my life have been important in their own way. C.S. Lewis once wrote: “This moment contains all moments.” Inside each moment is an entire universe: a limitless number of possibilities, a chance for something new, and of course, an opportunity for change.

And these opportunities are always arriving before us. In real life, we don't have to wait for our so-called inflection point. We can simply decide for ourselves when it will be. We aren't Peter Parker, condemned to being invisible to the world until we're bitten by a radioactive spider and finally rendered “special.” In real life, we can start playing the hero anytime we want, in our own unique way.

My unique way came in a form my teenage self never could've seen coming. It was through the creation of Get the Guy, a company that had the initial aim of giving women the tools to find and create the



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relationship they want. Over 14 years, our mission statement evolved to include putting women in control of their *own* happiness so that their love *for* life would never be dependent on the status of their love life. During this time, I've become a *New York Times* bestselling author, spoken to tens of thousands of people on tour, and at the time of writing, have amassed more than 388 million views on my YouTube videos.

My passions these days extend well beyond people's love lives. I've had the opportunity to work with millions of people as they face their challenges head-on and build a rewarding life as *they* define it. Sometimes this takes the form of helping people achieve their goals in the outside world, and other times it's about helping people manage the pain that takes place in their inner world.

There's a lot of focus today on "living your best life." But true pain, physical or emotional, makes this an alien phrase—a luxury item. Not a relatable thought when all of one's faculties are focused on merely getting through the day.

One of the most important emotional lessons of my life came from a moment in the film *Lawrence of Arabia*. It's a scene in which T.E. Lawrence lights a match and lets it burn down to his fingertips without letting out so much as a peep. The officer with him tries it and yelps at the burn.

"It damn well hurts!" says the officer.

"Certainly it hurts," says Lawrence.

"Well, what's the trick then?" asks the officer.

Lawrence replies, "The trick . . . is not



*minding* that it hurts."

That line has never left me. It taught me that one of the greatest skills I could ever learn was not that of making pain go away, but of *changing* my relationship with pain altogether.

Sometimes our pain comes from relationships, and *those* we *can* change. Maya Angelou said, "When people show you who they are, believe them." Yet time and again, people tell us who we are and we fail to listen. We repeat patterns with people against our better knowledge. But with a healthier state of mind, we can break these cycles. As Esther Perel pointed out, "It takes two people to create a pattern, but only one to change it."



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Creating a healthier state of mind for myself and others has become the core of my work. The world today feels like a dangerously cynical place to be, where the least generous interpretation of everyone's actions is the norm, and where the happiness we compare ourselves to on social media continues to misrepresent people's true struggles.

The day the news broke about Chester Bennington's suicide, my friend Elvis Duran—having interviewed an outwardly upbeat Chester only weeks before—tweeted: “Seeming to be happy is never enough.” The quality of our life isn't how happy the world *thinks* we are; it's how happy we *actually* feel.

Despite the fact that a great deal of my work continues to be focused on people's love lives, my primary goal is not to lead people to relationships, but to better lives. Sometimes that means bravely opening ourselves up to a potential relationship, and other times it means bravely leaving one (incidentally, I happen to be just as proud of the breakups I've caused as the relationships I've helped to create). And sometimes it means finding ways to be more at peace with precisely where we already are.

**Matthew Hussey**



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