

# INTRODUCTION

## **CHRIS BUTSCH (PRONOUNCED BUSH)**

My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program. Our speaker tonight is Chris Butsch.

To conquer depression, in 2014, Chris quit his job and traveled the world, studying happiness and the human condition. In over 41 countries and counting, Chris has interviewed hundreds of psychologists, swamis, monks, billionaires, and millennials. He's made snow angels with CEOs in Sweden, sang karaoke with Chinese business moguls, and studied mindfulness with Buddhist monks in rural Mississippi.

Today, Chris is here to share with you the best of what he's learned. Using humor, research, and crazy tales from around the world, Chris wants to help you improve your mental health, make meaningful connections, and accelerate your path to happiness.

Please help me welcome Chris Butsch.

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