



# CAN REALITY TV HELP YOU LIVE A MORE FULFILLING LIFE?

Reality TV psychologist and emotional intelligence expert **Dr. Steven Stein** can share surprising lessons from reality TV about human behavior, relationships, personal growth, and perseverance.

**Reality TV contestants** navigate competitions, form alliances, deal with setbacks, and can discover their authentic selves while in the spotlight. Your audience can uncover practical wisdom drawn from unscripted dramas and learn to apply these insights to everyday challenges and opportunities.

**Dr. Steven Stein** is a world-renowned clinical psychologist, international bestselling author, successful entrepreneur, and engaging lecturer who is passionate about explaining the latest psychological research to everyday people in ways that can help them substantially improve their lives. He has also been the cast psychologist for dozens of reality tv shows, including *Big Brother Canada*, *The Amazing Race Canada*, *MasterChef Canada*, *Beast Games*, *Bachelor Canada*, *Real Housewives of Toronto*, *Blown Away*, *Bachelor in Paradise*, and many more. Based in Toronto with his wife, he has two daughters and two grandchildren. Some nights you might find him playing sax in his jazz rock band, the *Tuesday Horns*.

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## STORY IDEAS

**THE ALLURE OF REALITY TV:** WHY WE WATCH AND WHAT THE SHOWS WE WATCH REVEAL ABOUT US

**WHAT REALITY SHOWS CAN TEACH US** ABOUT RESILIENCE IN THE FACE OF FAILURE

**RELATIONSHIPS UNDER PRESSURE:** BUILDING TRUST AND LOYALTY THE REALITY TV WAY

**NOT AS FAKE AS YOU THINK:** SURPRISING LESSONS ON AUTHENTICITY AND SELF ACCEPTANCE WE CAN LEARN FROM REALITY TV

**WHERE DO THEY GET THESE PEOPLE?** TRUE TALES FROM A PSYCHOLOGIST IN THE REALITY TV TRENCHES



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