

# Luc Reid

author and speaker



evidence-based talks and workshops  
on habits, willpower, productivity,  
motivation and happiness

Luc Reid's investigation into the brain science of habits, self-motivation, drive, and focus has yielded articles in online and print magazines (*Clarksword*, *The Writer*), a book (*The Writing Engine: A Practical Guide to Writing Motivation*) and hundreds of articles hosted on his Web site at [lucreid.com](http://lucreid.com), viewed nearly a quarter of a million times since it was introduced.

He is a successful author of fiction, non-fiction, and plays; a second degree black belt; a former radio commentator for NPR affiliate WJCT; and a former newspaper reporter and entrepreneur.

As a speaker, Luc is energetic, candid, and down-to-earth. His presentations offer participants a better understanding of the human mind and specific, practical techniques for changing thinking to get better results in their professional and personal lives. He speaks primarily for socially and environmentally proactive organizations, health and fitness-minded groups, and writers.

*"The feedback both after the meeting and on our Yahoo loop has been nothing but great. Our writers got so much out of your workshop - the topic really resonated with them and your handouts were being fought over after you left."*

-- Jennifer Carroll, President, New Hampshire Romance Writers of America

*"Today's workshop on motivation and writing, presented by author Luc Reid, was fantastic."*

-- Susan Ann Wall

### **Topics Include**

Tactics for Immediate Focus and Drive

Feedback Loops: How to Find and Break Patterns That Hold You Back

What Brain Research Tells Us About Better Writing Motivation

The Great Fitness Motivation Mistake and How to Fix It

[speaker@lucreid.com](mailto:speaker@lucreid.com) · [www.lucreid.com](http://www.lucreid.com) · 802-355-0635  
Twitter: @lucreid · LinkedIn: <http://www.linkedin.com/in/lucreid>