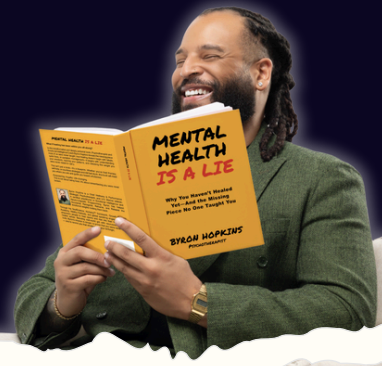


# BYRON HOPKINS



## Stage Intro

Our next guest went from serving two tours in Afghanistan as a decorated U.S. Marine to becoming a Bestselling Author, Psychotherapist, and globally recognized Chief Wellness and Performance Strategist.

He's the creator of SoulScience™: Alchemy—a neuroscience-backed, heart-led framework built on his signature R<sup>3</sup> Method: Recognize. Reframe. Release. Byron's work helps individuals and organizations break cycles, rewire mindsets, and rise into their Highest, Most Healed Selves.

His groundbreaking book, *Mental Health Is a Lie: Why You Haven't Healed Yet—And the Missing Piece No One Taught You*, is reshaping how the world views healing, trauma, and emotional wellness—bridging the gap between science and soul.

Featured on NBC, ABC, CBS, FOX, and Brainz Magazine, and honored with a Global Recognition Award and the title Best Transformational Speaker 2025, Byron's message is transforming audiences around the world.

Please welcome — Byron Hopkins!



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