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ABOUT Luke Storey

Luke Storey is a motivational speaker, kundalini yoga and meditation teacher, world-class biohacker, host of The Life Stylist Podcast, and founder of the world’s premier online fashion school for stylists, School of Style which he founded in 2008.

Luke’s spent the past twenty-three years developing and refining the ultimate wellness lifestyle, based on the most transformative principles of primal health and ancient spiritual practices, while at the same time embracing the most cutting-edge natural healing and consciousness expanding technologies. He has tenaciously applied the results of his field research and used them to not only completely transform his own life but also the lives of thousands of fans and followers through his various media channels and speaking engagements.

As a transformational speaker and entrepreneur, Luke continues to share his strategies for healing and happiness through his innovative and highly effective Lifestyle Design teachings, his Youtube channel, and his wildly popular podcast.

Luke’s speaking schedule, audio and video content, along with his carefully curated health and wellness online store, can be found at www.lukestorey.com.
The Life Stylist Podcast is a show for people dedicated to living life at the highest level of human potential.

Our host Luke Storey brings you the most thought-provoking interviews with the most prominent experts in the fields of health, spirituality, and personal development. Past guests have included relationship guru John Gray, vegan athlete Rich Roll, fitness master Ben Greenfield, health food guru David Wolfe, legendary biohacker Dave Asprey, as well as world-renowned spiritual teachers like Dr. Bruce Lipton, Byron Katie, and Sharon Salzberg.

The show covers an ever-expanding range of topics including sex and relationships, yoga, meditation, smart drugs, health myths and medical conspiracies, spirituality, mindfulness, health food and supplementation, herbs and alternative medicine, and digs deep into biohacking technologies and tactics.

Luke Storey is a former celebrity fashion stylist, motivational speaker, and thought leader who has spent the past twenty-three years relentlessly searching the world over to design the ultimate lifestyle. Using The Life Stylist Podcast as his delivery platform, Luke continues to share his strategies for healing, happiness, and high-performance living each week to inspire people worldwide to transform their mind, body, and spirit.
PODCAST Guests

BYRON KATIE
DAVE ASPREY
BRUCE LIPTON
JIM KWIK
JOHN GRAY
MASTIN KIPP

DANIELLE LAFORTE
NEIL STRAUSS
DAVID WOLFE
SHARON SALZBERG
GURU SINGH
BEN GREENFIELD

MAX LUGAVERE
DR. JACK KRUSE
GRETCHEN RUBIN
RICH ROLL
JP SEARS
DR. KELLY BROGAN

LACY PHILIPS
AUBREY MARCUS
GURU JAGAT
SHAMAN DUREK
DR. JOE DISPENZA
GABBY BERNSTEIN
“GAME CHANGER”
No fluff, no filter. Just raw powerful game changing to the point principals that work. Everything is covered here. One stop shopping for ultimate level up life hacks. I can’t say enough good things about Luke. I’ve hired him to coach me personally as well as my business. The returns are beyond words in every area of my life: mental, spiritual, physical, and financial.

“BEST EVER”
Best podcast I have ever listened to. Life changing. Luke has the coolest personality, warm, authentic, and engaging. This podcast has changed my life in many ways, I’m constantly implementing all the strategies shared. A must if you are into health, wellness and conscious lifestyle.

“A MUST LISTEN”
Here is a man who has five fingers in the pulse of what’s happening in the world. Storey stops at nothing to open his mind and expand his consciousness in a way that inspires the rest of us. I think what makes him such a great podcaster is that he is bold in his character, fearless in his asking, and forthright about what he knows and does not know. With an all star line-up and stellar topics for conversation, the Life Stylist is one of my go-to podcast for learning more about how to better live my life. #GameChanger.

“TRANSPARENT AND REAL”
So refreshing to hear Luke’s story and how he has literally transformed his life through pure experience. If you are looking to continuously improve yourself and your relationships, this is the #1 podcast to do that. Every podcast feels as if it was meant for me at that moment and gives me just the guidance I need.

“WOW”
Luke has been a mentor to me since day 1. I became sober 11 months ago. This man showed me something very simple but very powerful that a lot of people, including myself, overlook... and that is the power of a sober focused mind. My brother Luke, I wish you all the best on this journey to inspire people the you have inspired me. The good life is contagious and I’m spreading it everyday! Love you man!

“INCREDIBLY MIND EXPANDING”
I’ve been an avid health seeker for the past half of my life... there’s hardly a stone left unturned. I devour all things in the realm of whole-istic healing and wellness, and much of it is a bit recycled, even regurgitated information. That’s where Luke’s podcast comes in. He seriously brings it to the next level. The depth and spectrum of things he covers is so refreshing. Whether you’re a health novice or an advanced practitioner/curator, you WILL get so much from his show! He has become one of my very fave podcast to listen to. I’m grateful to have more wonderful ideas and information that resonate deeply with me, that I can USE to create more positive changes in my life. Thank you Luke!
Within his first year in podcasting, Luke has already appeared as a guest on over 60 podcasts, with a combined total of over three million guest spot downloads to date. Due to his vast array of experience within the realms of biohacking, health and wellness, spirituality, addiction recovery, high performance, and entrepreneurship, Luke’s popularity as a guest is growing exponentially.

10 MILLION GUEST APPEARANCE DOWNLOADS AND COUNTING
As a motivational speaker, Luke has appeared on stage with world-renowned thought leaders like Tim Ferris, Dave Asprey, Ben Greenfield, and Neil Strauss.

He’s known for his irreverent, passionate, and humorous delivery. Luke’s been a favorite presenter at such events and venues as Paleo Fx, Attune by Living Wholly, Soho House, Mercado Sagrado, Bulletproof Labs, Neil Strauss’s Society, and has presented intensive healing workshops at RA MA in Mallorca, Spain, NYC, and Venice, California. In 2019 Luke served as MC and speaker at London’s Health Optimisation Summit, presented in partnership with Upgrade Labs and Paleo Fx.


Luke’s experience and expertise covers an expansive range of topics in the areas of health, spirituality, personal development, and biohacking, including:

The application of spiritual principles, metaphysics, mindfulness, addiction and trauma recovery. Infrared saunas, ice baths/cryotherapy, plant medicines Holistic fitness, herbalism, kundalini yoga, shamanic breath work, smart drugs, & nootropics, float tanks, meditation, harvesting spring water, hacking junk lighting for your home & devices, the benefits of sun gazing, grounding, overcoming adversity and self-doubt, neurofeedback, home & auto EMF protection, jet lag & travel cures, sleep optimization, and a wide variety of other lifestyle-enhancing practices and healing modalities.
Speaking Appearances
The beauty and wellness podcasts you need to bin on ASAP

From Fashion Stylist to Life Stylist: A Q&A With Luke Storey

A self-described “world-class biohacker” shares his favorite health and wellness tips.

What is Biohacking? An Interview with Biohacker and Podcaster Luke Storey

By Chelsea Batten — Posted on May 06, 2019 10:00AM PDT

If you’ve been keeping an eye on the news, you know that once again the Silicon Valley founder types are inspiring disproportionate aves. Not for any new technology, however, but for their attempts to optimize their mental and physical performance. From Twitter’s Jack Dorsey and Facebook’s Mark Zuckerberg eating no food on weekends, to venture capitalist Peter Thiel transfusing youthful blood into his aging veins, many of their approaches are esoteric at best and ill-advised at worst.

If you’ve been keeping the other eye on Twitter, you’ve seen these same founder types getting mercilessly dragged for said habits. Between the wailing sainthood and the anguished finger-wagging, it was definitely worth a sit-down, pop-corn-munching scroll-sesh.
## Social Media

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<tr>
<td>Instagram</td>
<td>75.5K Followers</td>
</tr>
<tr>
<td>Facebook</td>
<td>10K Likes/Followers</td>
</tr>
<tr>
<td>Twitter</td>
<td>4K Followers</td>
</tr>
<tr>
<td>YouTube</td>
<td>9K Subscribers</td>
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<tr>
<td>Newsletter</td>
<td>15K Subscribers</td>
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Luke’s career in styling began in 1998, when Aerosmith’s stylist Keki Mingus hired him as an assistant stylist. He soon branched out on his own and has since worked with a diverse range of artists like Kanye West, Marilyn Manson, Foo Fighters, Lisa Marie Presley, Lupe Fiasco, Deadmau5, and No Doubt. Other celebrity clients have included Kim Kardashian, Sebastian Stan, Kendall Jenner, and Krysten Ritter.

An industry veteran, Luke has styled music videos, commercials, tours, album packaging, celebrity red carpet and television appearances, films, print advertising, and fashion editorials.

Luke has also worked as an instructor of fashion styling at Fashion Institute of Design and Merchandising (FIDM) in Los Angeles. Additionally, he has been a speaker at The School of Fashion at Parsons, Fashionista.com’s How To Make It Conference, Woodbury University, and The Art Center College of Design in Pasadena.
Contact

PRESS & PARTNERSHIPS:
INQUIRIES@LUKESTOREY.COM

TO BOOK LUKE FOR SPEAKING ENGAGEMENTS:
WWW.BIGSPEAK.COM/SPEAKERS/LUKE-STOREY