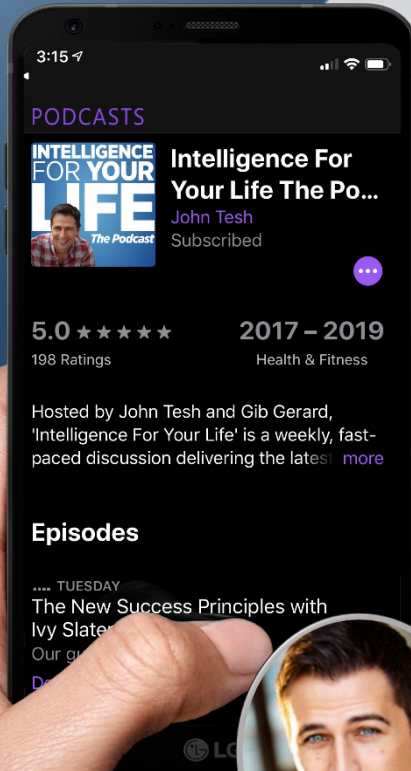


# About Gib Gerard and The Podcast

John Tesh  
**INTELLIGENCE**  
FOR YOUR  
**LIFE**



## The Podcast



Hosted by Gib Gerard with John Tesh, and Connie Sellecca, **'Intelligence For Your Life'** podcast is weekly, fast-paced discussion delivering the latest cutting-edge tactics, tools, and routines for health & wellness, personal development, dating and relationships, fitness, weight management and sleep.

Each episode features timely, curated intelligence along with interviews with PHD's, MD's, authors and world-class performers. Favorite topics include brain hacks for better memory, most effective morning routines, cutting edge exercise habits, the latest research on getting a better night's sleep, job hunting intelligence, tricks for Managing time, first date body language, and more.

### ABOUT GIB GERARD

*Gib Gerard is the host and producer of **Intelligence For Your Life**, the podcast. He also appears on-air alongside John Tesh on the nationally syndicated radio show. You can also find him regularly appearing in films on Lifetime, Ion, and Hallmark.*

