

# TRIPP LANIER BIO - SHORT

Tripp Lanier coaches men to get out of the rat race, become an authority in their field, and make a great living doing meaningful work they love. From small business owners, to startup founders, to Navy SEALs — Tripp has coached anyone and everyone who refuses to settle, play it safe, or follow the herd. As host of The New Man Podcast, he's racked up millions of downloads conducting interviews with extraordinary thinkers in business, personal growth, and spirituality. He lives a quiet, simple life with his wife and daughter near the beach in North Carolina.

Learn more at [TrippLanier.com](http://TrippLanier.com) and [TheNewManPodcast.com](http://TheNewManPodcast.com).