YOUR THIRD BRAIN

PODCAST HOSTS & PRODUCERS

JACK MYERS

Media Ecologist · Author · Guide to Self-Trust in the AI Age

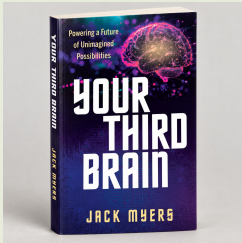


The Possibilities Begin with You.

Building Self-Esteem and Self-Trust in the AI Age

CLARITY. AGENCY. TRUST.

Use the possibilities of AI to see yourself more clearly, trust your judgment, and take the next meaningful step in your life.



YOUR THIRD BRAIN

Powering a Future of Unimagined Possibilities

That future begins with you: your self-worth, your choices, and the confidence to act. The book's philosophy becomes a practice of clarity, agency, and trust.

HOST INTRO: Jack Myers is a media ecologist, author of Your Third Brain, and founder of The Myers Report. A student of Neil Postman at NYU, he brings five decades of studying change to building self-esteem and self-trust in the AI Age.

CONVERSATIONS WITH A PERSONAL TAKEAWAY

THE BOOK / PHILOSOPHY

Your Third Brain

Use human wisdom and AI together to see yourself more clearly, explore new possibilities, and keep meaning and judgment in human hands.

H-U-M-A-N / FRAMEWORK

Lead and Grow Human

Apply Human Capital, Unlearning, Meaning/Monetization, Alignment, and Navigation to develop people and lead through change.

SEVEN STEPS / PRACTICE

Make it Personal

Turn the Seven Steps to Self-Respect into practice: recognize your worth, trust your judgment, and take one meaningful action that reflects your values.

A SIGNATURE QUESTION: WHAT IS AI DOING TO US?

When AI can do more of my work, how do I recognize my worth?
How can The Seven Steps to Self-Respect turn uncertainty into action?
How does the H-U-M-A-N Philosophy help me choose what comes next?

AN ON-AIR PRACTICE LISTENERS CAN TRY

Name a choice you are avoiding. Identify the value you want to honor. Choose one small action this week. Reflect on what you learn. AI is optional; the choice is yours.

BOOK A CONVERSATION

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Your audience. Your questions. Your next possibilities.