

JACK MYERS

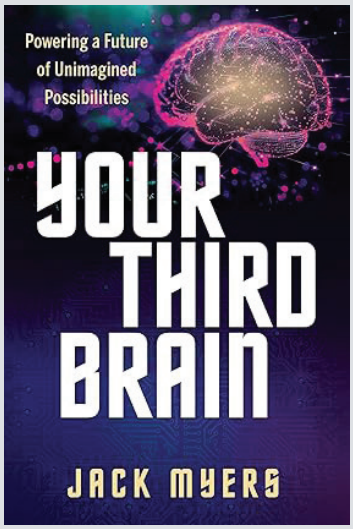
Media Ecologist | Author | Guide to Self-Trust in the AI Age

What is AI doing to us? Jack helps people answer that, trust their own judgment, and choose their next step.

Most conversations about AI ask what it can do for us. Jack Myers asks what it is doing to us: to our confidence, our relationships, and our sense of who to trust, including ourselves.

He has spent five decades studying what technology does to people, starting as a student of Neil Postman at NYU. That work earned him a Peabody Award, an Academy Award nomination, and a TEDWomen stage. He has advised leaders at Disney, Microsoft, and General Motors, and founded The Myers Report.

His books add up to one long study of being human: men and each other in ***The Future of Men***, leaders and change in ***The Tao of Leadership***, and now people and machines in ***Your Third Brain***. Its Seven Steps to Self-Respect give listeners a practice: name a choice you're avoiding, honor one value, take one small action. AI is optional. The choice is yours.



SUGGESTED INTRODUCTION

My guest today has spent fifty years studying what technology does to people. Now he's asking the one question most AI conversations skip: what is it doing to us? Jack Myers is a Peabody Award recipient, an Academy Award nominee, and the author of ***Your Third Brain***. He'll share a simple practice from his Seven Steps to Self-Respect for trusting your own judgment again, and how to take one small step you can own this week. Please welcome Jack Myers.

INTERVIEW TOPICS

- What AI Is Doing to Us, Not Just for Us
- Your Worth Is More Than Your Output
- Seven Steps to Self-Respect in the AI Age
- Use AI as a Mirror, Not a Decision-Maker
- Self-Trust When Machines Seem to Have All the Answers
- H-U-M-A-N: Five Foundations for Staying Human Through Change
- GenNexus: Raising Kids Who Won't Remember Life Before AI

> *In Your Third Brain, Jack Myers doesn't just sketch a roadmap for the coming era. He invites us to reclaim our humanity, with empathy, presence, and purpose.*
>
> Tom Freston
> Former CEO, Viacom &
> MTV Networks

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