

MEL ROBBINS - BIOGRAPHY

Mel Robbins is the creator and host of *The Mel Robbins Podcast*, which is the most shared and followed podcast in the world and is nominated for the first-ever Golden Globe for Best Podcast, and author of *The Let Them Theory*, the chart-topping, #1 selling book of 2025.

She has amassed 40 million followers online and is one of the most respected experts in mindset, life improvement, and behavior change. *The Wall Street Journal* calls her a “billion-view podcaster,” and *TIME* Magazine says she gives millions of listeners around the globe “a reason to believe in themselves.”

Her books have been translated into 65 languages and include the #1 New York Times, #1 Amazon, #1 Audible, and #1 Sunday Times bestselling *The Let Them Theory*, which is the top-selling book of 2025 according to Publishers Weekly, with 8+ million copies sold in its first eleven months. *The Let Them Theory* was named one of the Best Books of the Year by Amazon, Goodreads, Barnes & Noble, Audible, Books-A-Million, Publishers Weekly, Target, and Waterstones, and is on pace to become the most successful nonfiction book launch of all time. Robbins is also the author of the multimillion-copy-selling *The 5 Second Rule*, *The High 5 Habit*, and seven #1 audiobook releases on Audible.

USA Today calls Mel “a force to be reckoned with.” She is a global phenomenon in the publishing industry and podcasting. Her Boston-based media production company, 143 Studios, produces award-winning content, podcasts, events, audio series, online courses, journals, and books, along with professional development education for partners like Starbucks, Ulta Beauty, JPMorgan Chase, LinkedIn, Headspace, and Audible.

The Mel Robbins Podcast is one of the most popular podcasts in the world. It is nominated for the first-ever Golden Globe Award for Best Podcast, and was named the #1 most-followed show on Apple Podcasts and selected as one of the best podcasts of 2025 by the Apple Podcasts’ editorial team. It was recognized as the third largest show in the world by both Spotify and Apple Podcasts for 2025, and had the #1 most-shared episode of the year on both platforms. It also has won some of the most prestigious awards given to podcasts, including Webby, Signal, Spotify Creator, and iHeartPodcast Awards.

Notable accolades for Robbins include being named to *TIME* 100 Creators as one of the most influential digital voices of 2025, *USA Today* Top Mindset & Performance Coaches in the World, one of the fifty most influential influencers on *The Hollywood Reporter’s* Creator A-List, and a Forbes 50 Over 50 Honoree.