

# MEL ROBBINS

## Intro

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### Short Intro/Title:

Mel Robbins is the host of *The Mel Robbins Podcast*, the most shared and followed podcast in the world, and the author of *The Let Them Theory*, the #1 selling book of 2025.

### Suggested Intro:

Mel Robbins is the 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. She has 40 million followers online, and her YouTube videos have been viewed over a billion times. She's one of the most trusted voices and respected experts on motivation and mindset, and she's a mom of 3 who has been married for 29 years. Her New York Times bestselling books have sold millions of copies and have been translated into over 65 languages, including *The Let Them Theory*, which is the #1 selling book of 2025 and has topped the New York Times bestseller list for 52 weeks.