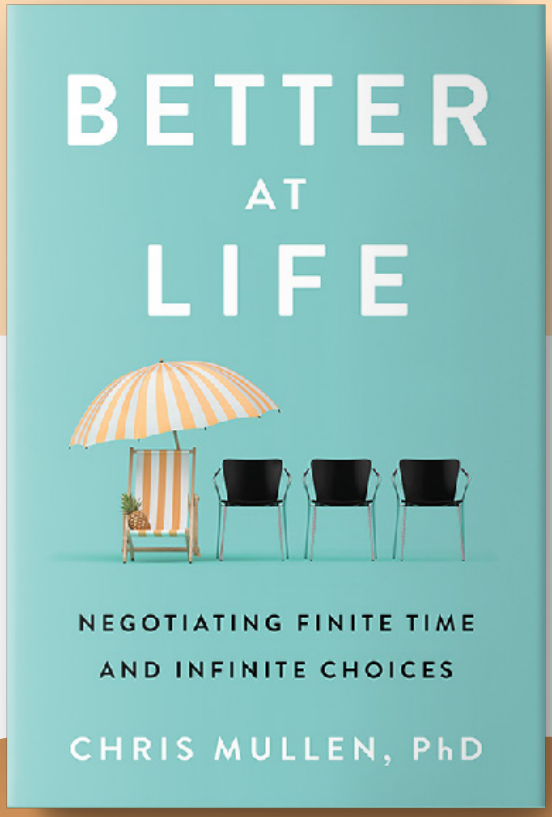
IMAGINE MAKING MORE OF THE TIME YOU HAVE.



The idea of finding the perfect balance between work and play is outdated. But trying to integrate your commitments blurs the boundaries between "work" and "life," leading to stress, burnout, and lost opportunities.

The key to making time for the things you have to do and finding time for the things you want to do isn't balance. It isn't integration. It's negotiation. In *Better at Life*, Dr. Chris Mullen offers life-changing negotiation skills for chronically busy people working in today's high-octane world.

Discover the power inherent in identifying your priorities, interests, and desired lifestyle. Learn the secret to establishing strong boundaries and charting a clear direction to achieve your ultimate goals no matter what season of life you're in. *Better at Life* teaches you everything you need to transform your satisfaction with work, life, and how you spend your time.

AVAILABLE **OCTOBER 6, 2026**

ABOUT THE AUTHOR



Dr. Chris Mullen believes success should not cost you your life. His work sits at the intersection of leadership, performance, employee experience, and work-life satisfaction, helping people and organizations rethink what it means to thrive in modern work.

A former vice president at a Fortune 500 company, Chris has spent more than 20 years as a business leader, human resources executive, workplace strategist, and advisor. His experience includes senior roles within a global human capital technology company, where he connected workplace research and thought leadership with marketing, sales, and business strategy. Earlier in his career, he led human resources strategy and service delivery for more than 2,300 employees at a major public research university.

Chris holds a PhD from the University of Northern Colorado, where his research examined the impact of mobile technology on work-life balance, as well as a master's degree in human resources from West Chester University. His ideas and research have been featured in *Forbes, The Wall Street Journal, NPR*, and *Harvard Business Review.*

As a speaker, author, and consultant, Chris challenges the assumption that high performance must come with burnout, disconnection, or a culture people want to escape. His mission is to help one million people become better at work and better at life, without having to choose between the two.

He lives in Colorado with his family and shares weekly ideas through his *Better at Life* newsletter at **chrismullen.org/newsletter.**

PRAISE FOR *BETTER AT LIFE*

"Many professionals spend years operating in reactive patterns without realizing it. *Better at Life* helps leaders recognize those patterns, reset their priorities, and build a more intentional and fulfilling approach to work and life. This is a thoughtful and practical guide for anyone seeking clarity, meaning, and sustainable success."

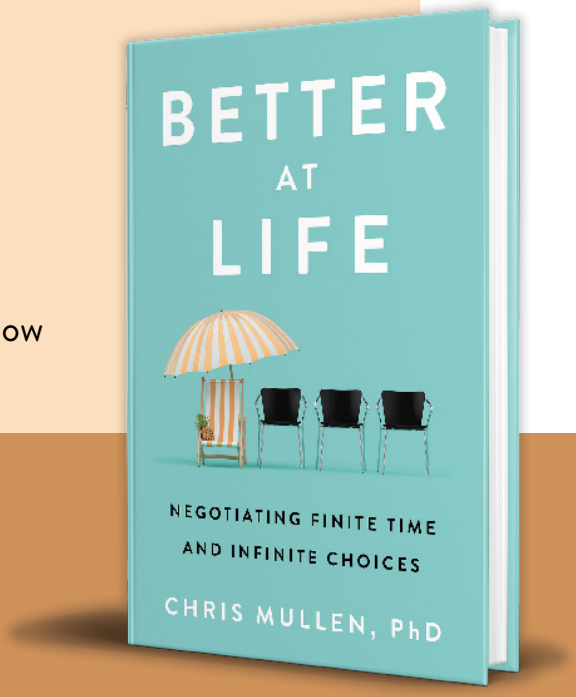
—RYAN ESTIS,
author and keynote speaker

"The joy of *Better at Life* is that there is never a set end point—the journey and the process of unfolding and improving are a constant that we don't have to conquer. Indeed, Chris Mullen asks us to dig deeper, far beyond summiting superficial milestones, in order to make the most out of the time we have. Using the lens of negotiation to bring clarity to abstraction, Mullen seeks the best in us, for all of us."

—JULIE LANCASTER,
author of *Beyond Words: How Our Stories and Strategies Inspire Leadership Action*

IN AN INTERVIEW, CHRIS CAN SPEAK TO:

- How to work within the limited time you have and still maximize your life
- Specific steps to cultivating your optimal self
- Why setting boundaries can create greater freedom, focus, and fulfillment
- Ways to recharge your rhythm and reformulate your flow



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Chris is available for interviews, features, book events, speaking engagements, and appearances.

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Learn more at **chrismullen.org**.

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