



Pilar
GERASIMO

HEALTHY DEVIANT, SOCIAL EXPLORER
JOURNALIST, PODCASTER, SPEAKER

Pilar Gerasimo is an award-winning health journalist, pioneering social explorer, and author of *The Healthy Deviant: A Rule-Breaker's Guide to Being Healthy in an Unhealthy World* (North Atlantic Books, 2020).

Best known for her visionary work as founding editor of *Experience Life* magazine, which today reaches more than three million people with each issue, Pilar has also served as top health editor for *The Huffington Post*, and as visiting faculty for the Institute for Integrative Nutrition.

Today, Pilar co-hosts a top-rated podcast called *The Living Experiment* and teaches online courses through her digital learning platform, Healthy Deviant Academy. She guest lectures at universities, leads workshops at top retreat centers, and consults for organizations committing to transforming health and happiness at work and around the globe. Her work has been featured by the World Economic Forum, MIT, International Monetary Fund, and a variety of other thought-leading platforms.

When she's not traveling, Pilar hangs out on her family's organic, communal farm in Wisconsin with her pit bull pal, Sally Sue.

Learn more at www.healthydeviant.com (where you can also take the "Are You a Healthy Deviant?" quiz).

Join Pilar's private Healthy Deviant Facebook Group or follow her on [Instagram at @pgerasimo](https://www.instagram.com/pgerasimo).