

Biohacker - Podcaster - Expert for health and awareness in the digital era

Alexander Metzler

Alexander Metzler has been working successfully as an independent digital designer in the media industry for decades. He gave everything and overextended himself. In his late 20s, he was diagnosed with severe depression, which became part of his life for many years. In search of ways out of the stressful illness, Alexander Metzler began to explore the supporting pillars of health: What is really important to strengthen physical and mental resilience and which very practical tools can help. Today, the biohacker and podcaster passes on the knowledge he has gathered and applied over many years as an expert on health...

Topics

Change Management · Digitalization / Technology · Health / Nutrition · Humanity · Lifestyle / Longevity · Motivation · Resilience / Mental Health · Society

Languages

German

Details & contact options

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