

Author Mini Bio

Mat Robinson, also known as “the Gregarious hermit” because of his outgoing, introverted nature, was born in Sheffield, England in 1972. He studied hard and became an Electrical engineer, designing computer hardware. Moved to the U.S. in the 90’s to write software for Lucent Technologies. Started his own consulting company at a time when outsourcing was taking off. Designed websites for a while. Turned to his artistic passion and opened a photography studio in time for Facebook and cell phones to dominate the family portrait scene.

This downward spiral placed a huge burden on his life and mental wellbeing. The final straw being when his best friend was diagnosed with brain cancer. The overwhelming stress and subsequent questioning of life’s purpose resulted in an ego-death and spontaneous spiritual awakening. Living with a completely silent mind and then witnessing the rebirth of that little voice in his head, gave Mat tremendous insight into the nature of the mind and how it makes us unhappy despite an abundance of things that promise otherwise.

Ever since his awakening, Mat has been devoted to helping other people overcome their struggles by giving them a new perspective on how their mind works. His latest book, “Understanding Happiness”, is a boiled down minimalist discussion of his theory on what the mind is and what it does. It came about as a result of trying to simplify his theory in order to present it to audiences in a short presentation.

Mat currently lives in New Jersey with his wife and children. When he’s not teaching or coaching mindfulness and meditation, you can find him out enjoying nature as much as possible.

Mat Robinson – The Gregarious Hermit
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