

Matt Zemon | Media Kit

Educator, Author, and Leader in Psychedelic Wellness



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About Matt Zemon, MSc

Author of two best-selling books: [Psychedelics for Everyone: A Beginner's Guide to These Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness](#) as well as [Beyond the Trip, A Journal for Psychedelic Preparation and Integration](#), Matt holds a Master's degree from King's College London and specializes in the impact of psychedelics and mental health, focusing on their potential to catalyze profound personal transformations.

As the Executive Director of Sacred Path Community, he merges academic insight with his passion for the safe and sacred use of psychedelics, ensuring a supportive environment for spiritual exploration. His consulting work extends to medical practitioners in the field of psychedelic therapy.

Before his own transformative experiences, Matt's entrepreneurial background laid the groundwork for his current mission: to broaden understanding and access to these transformative substances.



As a seasoned public speaker, Matt has shared insights on [National Public Radio](#), [ABC](#), [NBC](#), [CBS](#), [Fox](#), and has been featured in over 75 podcast discussions resulting in almost 1,000,000 downloads. His speaking engagements span major psychedelic conferences such as Psychedelic Science, Wonderland, and Meet Delic. He's also delivered keynotes and talks at prestigious institutions and organizations including Entrepreneurs' Organization, MIT, Duke, University of Richmond, and Mental Health Marketing. His diverse speaking experience showcases my ability to engage a variety of audiences across multiple platforms.

General Information:

Full Name: Matt Zemon

Location: Chapel Hill, NC

Profession: Educator, Author, and Leader in Psychedelic Wellness

Industry: Health and Wellness

Website: Matt Zemon's official website (www.mattzemon.com)

Speaking Reel: <https://www.mattzemon.com/speaking>

Attribution Titles for Media Mentions:

Preferred Attribution Title:

Matt Zemon: Educator and Leader in Psychedelic Wellness and the best-selling author behind *Psychedelics for Everyone*.

Short/Alternative Attribution Title:

Matt Zemon: Educator, Author, and Leader in Psychedelic Wellness

Social Media:



Suggested interview topics include

Psychedelics for...

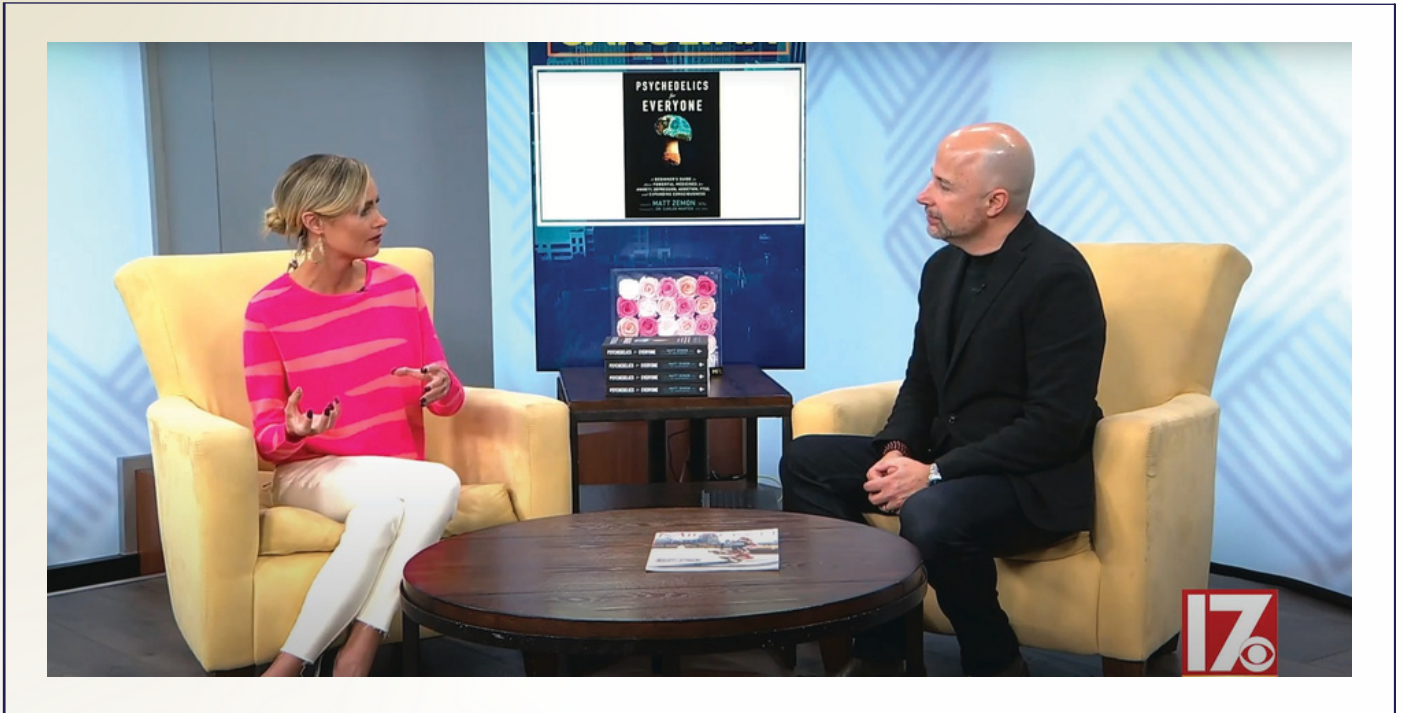
- Enhanced Creativity
- Emotional Healing
- Increased Empathy
- Self-Discovery
- Overcoming Mental Blocks
- Supporting Loved Ones
- Mindfulness and Presence
- Fear of Failure
- Addressing Addiction

Books:

[Psychedelics for Everyone: A Beginner's Guide to These Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness](#)
[Beyond the Trip, A Journal for Psychedelic Preparation and Integration](#)

Previous Press Examples:

[NPR](#) | [ABC](#) | [CBS](#) | [NBC](#) | [Fox](#) | [CW](#) | [Microdose](#) | [Ocean Drive](#) | [The Mark Groves Podcast](#)



Why are we talking about Psychedelics?

With depression, anxiety, and loneliness on the rise, people are looking for an alternative to traditional mental health therapies and psychedelic medicine is emerging as one possible solution.

I'm not here to convince you to take psychedelics- not everyone should. But I do believe that psychedelics are for everyone. For some, this does mean they will experience a psychedelic journey. For others, psychedelics will positively impact someone they love. In either case, it is important to get beyond the taboo and understand the transformative power of psychedelics.

As an educator and leader in psychedelic wellness, my work is dedicated to empowering individuals to take control of their mental health and personal growth.

In my interviews, we will discuss how these ancient practices, combined with modern insights, can open doors to profound healing and understanding. My message is an invitation to change your perspective, to find strength in vulnerability, and to connect deeply with your true self.

With a background in psychology, neuroscience, and personal exploration, I offer a unique blend of academic understanding and experiential wisdom. Join me as we navigate the intersection of psychedelics, spirituality, and science – a journey that promises enlightenment, empowerment, and perhaps a few unexpected revelations.

**Download
Media Assets**

For Media Inquiries
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Quotes by Matt:

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“I'm not here to convince you to take psychedelics. Not everyone should take a psychedelic. But I do believe that psychedelics are for everyone. For some this does mean they will experience a psychedelic journey. For others, psychedelics will positively impact someone they love. In either case, it is important to get beyond the taboo and understand the transformative power of psychedelics.”

“

“Psychedelics can help you remember who you really are. That you are loved... That you are worthy... That you are enough....”

“

“Psychedelics show us that life is a constant journey of learning, healing, and growing. There's no such thing as failure.”

“

“Psychedelics don't alter our reality; they simply unveil the beautiful truth of our existence that has been here all along.”

“

“Psychedelics don't offer a cure; they illuminate the path to self-discovery and authentic living.”

“

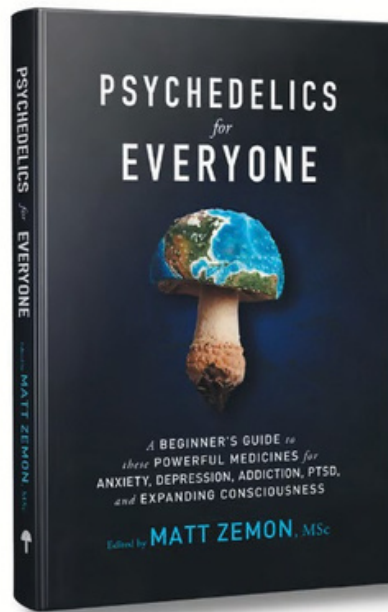
“Psychedelics pose the question, 'Why do we hurt?' rather than just soothing the hurt, challenging us to grow rather than just cope.”

Psychedelics for Everyone: A Beginner's Guide to These Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness



"A great choice for anyone seeking to understand why psychedelics hold promise to be the biggest change in mental health in 50 years... "

David Cox, Ph.D., Executive Officer of the American Board of Professional Psychology



"Psychedelics For Everyone is a fascinating read that takes you on a guided trip of all that is happening with psychedelic medicine today "

Dr. Anja Harrison, Ph.D., King's College London, Department of Psychological Medicine, Fellow of the Higher Education Academy



Foreword INDIES Book of the Year Award Finalist for: Health and Body (2023) and for Mind and Spirit (2023)



Nonfiction Book Award Silver Medal for: Alternative Medicine (2023) and for Mental Health (2023)



Living Now Gold Medal for: Living Now Evergreen, Health (2023) and Wellness (2023)



IPPY Award Gold Medal for Best Adult Non-Fiction Personal Ebook (2023)



Eric Hoffer Award Finalist for Da Vinci Eye (2023)

Psychedelics for Everyone: A Beginner's Guide to These Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness

In *Psychedelics for Everyone*, a #1 Amazon bestseller in 19 categories, Matt Zemon provides readers with an inspiring foundation for understanding the profound transformational power of psychedelics. As psychiatric methods and medicines have advanced over the past fifty years, there is an entire group of possible treatment methodologies that the United States—and much of the Western world—has chosen to ignore and demonize. Despite this, there is a wide breadth of medical practitioners and indigenous healers who recognize the benefits of psychedelic treatment. In *Psychedelics for Everyone*, Matt Zemon shares personal stories of his use of psychedelics, as well as presents curated, medically reviewed information from experts in the clinical use of psychedelics that is certain to make anyone reevaluate all they've been taught about drugs.

In this book, you'll learn:

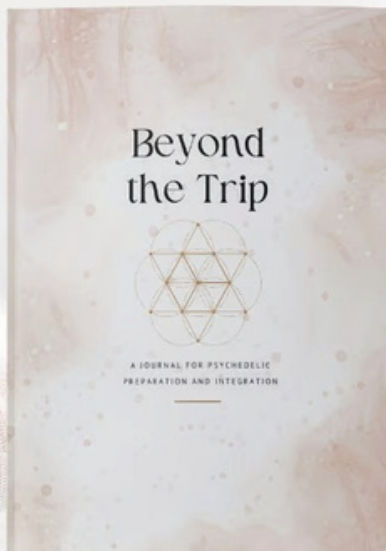
- **How to microdose**
- **Where and how you can take psychedelics legally**
- **Techniques for psychedelic preparation and integration**
- **And much more**

Published by: Psyched Publishing, September, 2022

Beyond the Trip: A Journal for Psychedelic Preparation and Integration



"The way to get the most from a plant medicine journey is to prepare, have a clear intention, and allow plenty of time and space for integration after the journey. Matt has outlined how to do this in a clear, heartfelt way. His big heart and commitment to growth shine through in these words."



"Such a wonderful integration tool for approaching work with psychedelics and entheogenic plant medicines. Well thought out, and clearly defined. Highly recommended for anyone working with plant medicines/psychedelics! Thank you for this gem!"

Embark on an extraordinary journey of self-discovery and transformation with "Beyond the Trip: A Journal for Psychedelic Preparation and Integration." This comprehensive and meticulously crafted guide is your trusted companion for your psychedelic experience. From setting intentions and preparing for your journey to integrating your experiences into everyday life, this journal ensures a nurturing space to document, process, and derive the full value from your unique journey. Beyond the Trip is more than a journal; it's a life-altering tool, inviting you to harness the transformative power of psychedelics and elevate your psychedelic experiences through transformative milestones on your journey of self-discovery. So, whether you're at the precipice of your first psychedelic experience or a seasoned psychonaut, this journal stands as your trusted companion, enriching your experiences and helping you to reveal the potential of your inner self. With Beyond the Trip: A Journal for Psychedelic Preparation and Integration, you're not just observing the journey - you're transforming, you're growing, and you're transcending, one insightful entry at a time.

Content Highlights:

- Initial preparation and intention setting, designed to ensure a grounding start to your psychedelic exploration.
- Journey Trackers for documenting and reflecting on your experiences, highlighting key aspects of your journey.
- A four-week integration program comprising meaningful exercises aimed at releasing, exploring new sensations, revisiting the past, and envisioning the future. This section lays a roadmap for processing and applying insights to your life.
- A 30-day gratitude journal, designed to take advantage of your post-psychedelic neuroplasticity and instill an ongoing practice of appreciation and positivity.
- A Creative Play section, containing calming coloring exercises designed to foster mindfulness and relaxation.