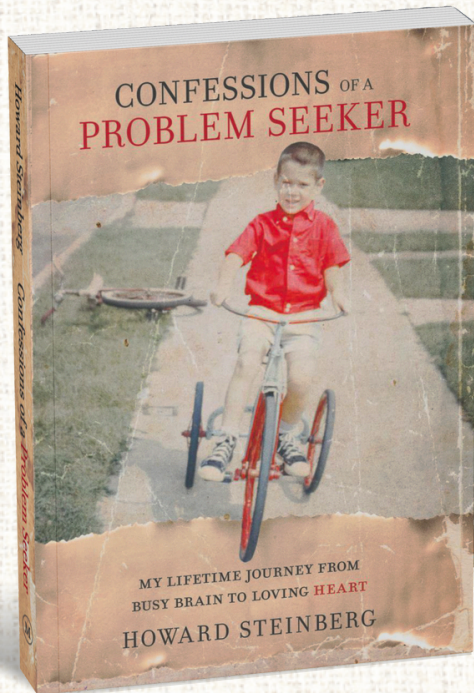


HOWARD STEINBERG

NEW YORK CITY-BASED ENTREPRENEUR,
WRITER, MENTOR, AND ADVOCATE



MEDIA KIT

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For media inquiries contact:

Nanda Dyssou, Publicist
nanda@corioliscompany.com
(424)-226-6148

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ABOUT HOWARD



Howard Steinberg

Howard Steinberg is a New York City-based entrepreneur, writer, mentor, and advocate. The son of Holocaust survivors, Steinberg was the solo founder of three companies before dedicating himself to exploring personal and spiritual growth. He has been a passionate voice for improved diabetes care and supply access. He finds joy in walking his dog Tico through Greenwich Village, kayaking off the Connecticut shoreline and cherishes time with his three daughters and two beautiful granddaughters. Steinberg is a graduate of both the undergraduate and graduate business schools at New York University.

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CONFESSIONS OF A PROBLEM SEEKER

My Lifetime Journey From Busy Brain To Loving Heart

Publisher: Manuscripts Press
Publication Date: January 13, 2026

ISBN: 979-8889265894
Print length: 155 pages

Praise for *Confessions of a Problem Seeker*

“Howard Steinberg provides an honest, moving and beautiful example of how someone dominated by protective parts resulting from trauma can transform and live a very different kind of life.”

—Richard C. Schwartz, Ph.D., Founder of *Internal Family Systems* and author of *No Bad Parts*

“A compelling read for anyone navigating an examined life.” —Tom Rogers, Founder of CNBC and MSNBC, Media Industry Leader and Digital Media Pioneer

“*Confessions of a Problem Seeker* is a profound and gritty human journey of reclamation.” —Jessica Flynn, Psychotherapist LMSW

“*Confessions of a Problem Seeker* goes far beyond the routine patient stories—it reveals the emotional, mental, and spiritual dimensions of reaching beyond trauma to live an authentic life.” —Mariela Glandt, MD, Endocrinologist, Founder of *Owma Health*

“Howard’s honest writing style is a joy to read and I highly recommend this moving and deeply insightful book.” —Loch Kelly, M.Div, LCSW, Author of *Shift Into Freedom*



A raw and unflinchingly honest memoir of one man’s midlife reckoning and search to find his soul. As a childhood shaped by trauma and illness gave way to an illusion of adult success and purpose—marriage, fatherhood, entrepreneurial achievement—the author finds himself grappling with the unshakable feeling that he has lived a life shaped more by fear and survival instincts than by inner truth. Triggered by divorce, professional loss, and a deep inner emptiness, his search for peace leads him to psychedelics and a spiritual awakening as he begins to heal old wounds, including the lingering shadows of his Holocaust-survivor parents. He offers a compassionate invitation for others—particularly those in the second half of life—to question who they really are beneath their busy identities and to reclaim the joy and stillness of an authentic, present life.

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SUGGESTED QUESTIONS

1. What inspired you to write *Confessions of a Problem Seeker*, and why did you now feel like the right time to tell this story?
2. You describe a childhood shaped by trauma and illness. How did those early experiences shape the identity you would later come to question?
3. On the outside, your adult life appeared successful with marriage, fatherhood, and entrepreneurial achievement. When did you first realize that this “success” didn’t align with your inner truth?
4. Divorce and professional loss were major turning points for you. Can you talk about how those experiences opened the door to deeper self-examination?
5. A significant part of your journey involved exploring psychedelics and spiritual practices. What role did these experiences play in your healing process?
6. You also write about the influence of your parents’ Holocaust survival. How did their history shape your emotional world and sense of self?
7. The book references the Internal Family Systems model, and Richard Schwartz praises your work. How did IFS inform your understanding of your own protective patterns?
8. Many readers may be in their own “second half of life,” questioning the paths they’ve taken. What would you say to someone who senses something is missing but doesn’t know where to start?
9. Your memoir reflects not just pain, but also joy, presence, and connection. What does living an authentic life look like for you today?
10. What do you hope readers carry with them after reading *Confessions of a Problem Seeker*?