



DR. ALLEN LYCKA

Life-Transforming Speaker, Author, Coach, Near-Death Survivor

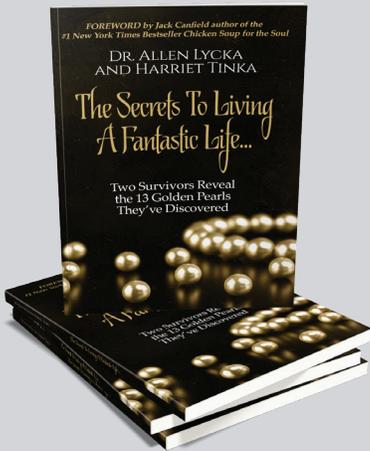
Key Focus: Sharing the secrets to living a fantastic life in the post-COVID era

In 2003, Dr. Allen Lycka was diagnosed with ALS and given six months to live. After fighting the diagnosis, he is here today as a result of his courage and determination. Having been given a “golden ticket” to live every day to the fullest, Dr. Lycka used his experience to co-author the book *The Secrets of Living A Fantastic Life* with Harriet Tinka.

Dr. Allen Lycka is acknowledged as one of the leading cosmetic dermatologists in the world. A pioneer in cosmetic surgery, he helped develop several new technologies and has spoken at podiums around the globe. Dr. Lycka has written 17 books, 30+ academic papers, and was awarded 16 consecutive Consumer Choice Awards for excellence in Cosmetic Surgery – a feat no one has achieved before in the field.

As a transformational speaker, thought leader, coach, and mentor who is widely acknowledged as a leading expert in “Living A Fantastic Life” and “Turning Points,” he has been a guest on dozens of television and radio shows and podcasts, as well as featured in numerous newspaper articles, blogs, and magazines.

Driven by family values, he is happily married to his wife of 39 years, Dr. Bernier-Lycka. They have four wonderful daughters and seven beautiful grandchildren. Dr. Lycka counts his family as his most important accomplishment.



I love what these guys are doing, the book is great, and the work they're doing is important.

Jack Canfield
author of the #1 New York Times
bestseller *Chicken Soup for the Soul*

CONNECT WITH DR. LYCKA

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📺 [/1basl](https://www.youtube.com/channel/UC1basl)

📍 [Allen Lycka](https://www.spotify.com/artist/allenlycka)

SUGGESTED INTRODUCTION:

Dr. Allen Lycka (pronounced LIKE-uh) is acknowledged as one of the leading cosmetic dermatologists in the world. A pioneer in cosmetic surgery, he helped develop several new technologies and has spoken on podiums around the globe. In 2003, Dr. Lycka was diagnosed with ALS and given 6 months to live. After fighting the diagnosis, he is here today as a result of his courage and determination. Having been given a “golden ticket” Dr. Lycka used his experience to co-author the book *The Secrets of Living A Fantastic Life* with Harriet Tinka and speaks to groups around the world about transforming lives. Welcome to the show, Dr. Lycka!

INTERVIEW TOPICS

- How to escape negative mindsets
- How The 13 Golden Pearls can guide you in living a better life
- Why Dr. Lycka’s near-death experience is changing lives
- The meaning of “turning points” and how to recognize them
- How gratitude can change your life forever
- How to use the power of enthusiasm to live a fantastic life
- How going from vulnerable to victory can lead to miracles

