

## Introducing Michael

### Brief Intro

While you may recognise him from his earlier soiree on TV, you might not realise how multi-faceted Dr Michael Mol's career really is, which all started when he opted not to go for career counseling. That could well explain why today he's a medical doctor, an executive producer & presenter, a health tech-preneur and founder of Hello Doctor, a global speaker, author and most recently CEO of TruthTV...

Michael makes health simple to understand & practical to apply so that you can stop fretting about your well-being and start enjoying it - because, as he always says: "Life's so much better when you're healthy, and being healthy is so much easier than you think."

Ladies and Gentlemen, Dr Michael Mol.

### Not-so-Brief Intro

While you may recognise him from his earlier soiree in TV, you might not realise how multi-faceted Dr Michael Mol's career really is, which all started when he opted not to go for career counseling. That could well explain why today he's a medical doctor, an executive producer & presenter, a health tech-preneur and founder of Hello Doctor, a global speaker, author and most recently CEO of TruthTV.

Michael is an Oxford Alumni, a South African Brand ambassador and has just authored his second book (due on shelves at the end of 2020), on the back of his first best-seller "Your Best Life"

Aside from all the hats he wears, he suffers from an insatiable thirst for adrenaline. He has sky-dived out of a hot-air balloon, run the bulls in Pamplona, scuba-dived under a frozen lake, wing walked on a bi-plane, surfed the great Zambezi white waters on a body board, flown to the edge of space in a Russian Mig and bungee jumped off the highest bridge in the world, backwards. As with most doctors, it's best to do what they say, not what they do!

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### Extremely-Brief Intro

Ladies and Gents, Michael.