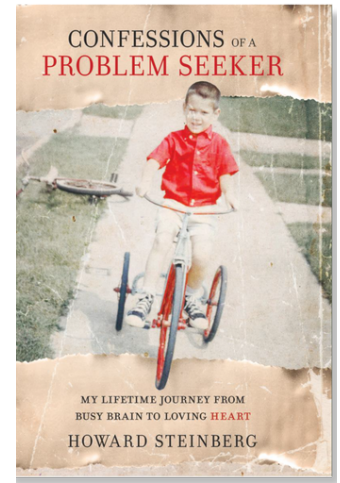


CONFESSIONS OF A PROBLEM SEEKER

MY LIFETIME JOURNEY FROM BUSY BRAIN TO LOVING HEART

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.



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 Owna Health

"Howard's honest writing style is a joy to read and I highly recommend this moving and deeply insightful book."

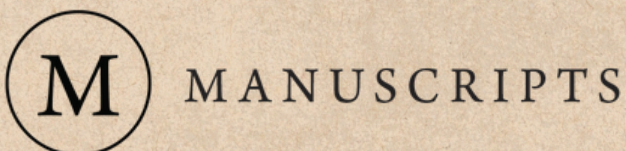
—Loch Kelly, M.Div, LCSW, Author of *Shift Into Freedom*



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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