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Description:

About the Author Julien Smith is a New York Times bestselling author and speaker who has been involved in organizing online communities for over 15 years, from early BBSes and flashmobs to the social web as we know it today.

Along with being the co-author of Trust Agents, one of the social web's most recognized books, he is a contributor to GQ, Sirius Satellite Radio, Cosmopolitan, the CBC, and more.

Julien's work is often about leaning into discomfort and pain, into self-examination and discipline, intending both to provoke and unbalance. The lessons from The Flinch came from self-defense professionals, security experts, weightlifters, parkour practitioners, and more.

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