

A portrait of Giovanni Dienstmann, a man with short brown hair, light blue eyes, and a light beard, wearing a blue sweater. He is smiling slightly and looking directly at the camera.

## GIOVANNI DIENSTMANN

MEDITATION EXPERT

Giovanni Dienstmann is the creator of Live and Dare, one of the top five most popular meditation blogs on the planet. As an international author, meditation coach and speaker, Giovanni is an expert in helping people overcome anxiety and stress to live a calmer and more centered life.

He is the author of the best-selling book Practical Meditation, which is available in eight different languages and has been popularly called “The Meditation Bible”. With over 10,000 hours of personal meditation practice, and a diverse training in meditation methodologies from different traditions, Giovanni brings a practical and non-sectarian approach to help both meditation novices and spiritual seekers alike.

He is a registered teacher through the Meditation Association of Australia, as well as a sought-after consultant to award-winning meditation apps world-wide. His insights have been featured on popular publications such as Daily Yoga, Elephant Journal, Coach.me and many more.

Giovanni’s clients range from stay-at-home parents to entrepreneurs, C-level executives and pro athletes. His acclaimed program Limitless Life has helped thousands of people master their mind, find contentment and clarity, and live a more purposeful life.

To learn more about Giovanni and his work, visit **[LiveAndDare.com](https://LiveAndDare.com)**



# Live & Dare

master your **MIND** • master your **LIFE**

## Blog Profile



Among the top 5 most visited meditation blogs in the world



Over 42k unique monthly readers



Average session duration 8:13



The most popular article has over 30k shares



Over 130k followers across social media













SEO stats: Alexa ranking 177,002 and Ahrefs DA 70.



Content featured in publications such as Yoganonymous, Wakeup World, Elephant Journal, Positive Psychology Program, and High Existence.



## Author Profile

	Giovanni spent 10 weeks training in a <b>Zen Monastery</b> in France, and nearly became a monk twice
	Practiced over 10,000 hours of meditation
	Learned over <b>70 styles</b> of meditation, and read 200+ books on the topic
	Author of the Amazon best-seller <b>Practical Meditation</b> , available in eight languages (English, Spanish, Portuguese, French, German, Italian, Chinese and Korean)
	Taught meditation to over <b>15k people</b>
	Featured meditation coach on Coach.me (three times)
	Most read meditation author on Quora, on several related topics
	Trained as a <b>Yoga Teacher</b> by the Bihar School of Yoga
	Worked as a <b>consultant</b> and content partner to award-winning meditation apps, such as Inscape, Insight Timer, Daily Yoga, Simple Habit
	Academic background in Law, Social Sciences, and IT

## Trusted By





# CONTACT



[giovanni@liveanddare.com](mailto:giovanni@liveanddare.com)



[LiveAndDare.com](http://LiveAndDare.com)



**Listen** to past  
interviews here



**Download**  
author pictures



**Corporate**  
Workshops



**Speaking**  
& Events





# INTERVIEW TOPICS



Meditation



Anxiety



Personal Growth



Spirituality



Self-Discipline



# SAMPLE QUESTIONS

## MEDITATION



- What exactly is meditation, and who is it for?
- What are the most common myths about meditation?
- What are the key benefits of meditation?
- There are many styles of meditation, and each person may benefit from one more than the others.
- Your slogan is Master Your Mind, Master Your Life. What does that mean?
- What is the difference between meditation and mindfulness?
- What are the most important things to keep in mind when starting a meditation practice?
- How can a beginner discover the best meditation technique for her/him?

## ANXIETY



- What is anxiety? Are there different types of anxiety?
- How does meditation help with anxiety?
- What would you say to the person who does not consider herself/himself anxious, but still struggles with distraction, procrastination, and restlessness?
- Some people who deal with anxiety try to meditate and hate it. Why is that?
- Are they doing it wrong, or is it just that meditation is not for everyone? Is it possible to fully overcome anxiety?

## PERSONAL GROWTH



- What are the three most dangerous ideas in the modern self-help movement?
- You talk about the development of virtues as the cornerstone of personal growth. Why is that so important?
- A lot of the advice in self-help books teaches us how to let go, so that we suffer less. Is letting go always the answer? And if not, what should we do in the face of frustration and resentment?

## SPIRITUALITY



- What is spirituality, and how is it different from religion?
- Does one need to believe in God to be spiritual?
- What are the different types of spirituality that exist, and how to know which one is best for us?

## SELF-DISCIPLINE



- What is self-discipline, and why is it important?
- It's said in your website that you wake up 4am every morning, take a cold shower, sit for 2.5 hours of meditation, and eat only once a day. What motivates you to do all of that, and what are the benefits for you?

# TESTIMONIALS



## Liz Malcolm

Discovering Giovanni's exceptional meditation courses has been a game changer for me—by far one of the most important milestones in my life. He really helped me experience the most extraordinary feelings of joy, and bring a sense of calmness to those around me. This was powerful and transformational.

## Chantel Stucki

Giovanni's course is put together SO well. Better than any other meditation course or holistic seminar I've done so far. And his book is just phenomenal! I've read a number of meditation books, as I've been meditating for several years, but Practical Meditation is absolutely the #1 for me.



## John Butler

I am a member of Limitless Life. The meditation techniques I've learned have helped me increase my concentration, awareness, relaxation, and also have helped in reducing stress. Beyond all that, meditation is now helping me find a deeper meaning in life. Giovanni's work is fantastic!

## Carol Matz

I was feeling extremely unhappy and anxious. After taking the Limitless Life courses my sense of well-being increased, and stress levels went down. I am now more energetic and creative. It's not an exaggeration to say that Giovanni's teachings have literally changed my life, in a short period of time.



## Andreas Krasser

A year ago my wife and I were about to get divorced. Since starting and deepening my meditation with Giovanni's help, things have shifted, and we are now having the best time together of our 19 years as a couple. His teachings have made a huge difference to me and my family.

## Kristie Stailey

I've been dealing with terrible anxiety and PTSD since my husband died—and medication was not helping. Giovanni's course has made quite a difference in my life. It has helped me with pain management, anxiety and depression. I found a calmness within me that I didn't know existed.

