

★ BIO & SYNOPSIS

TODD KINNEY.

*"You don't have to hit bottom to wonder
if there's a better way to live."*

ATTORNEY · AUTHOR · SPEAKER

Alcohol-Free

SINCE 2019

Author

I DIDN'T BELIEVE IT EITHER

Omaha, NE

KUTAK ROCK LAW FIRM

MEET TODD

THE GUY WHO ASKED A **HARD** QUESTION.

ATTORNEY · AUTHOR · KEYNOTE SPEAKER · OMAHA, NE

BIOGRAPHY — —

Todd is an attorney and author who lives in Omaha, NE with his wife, four kids and three wiener dogs. In his free time, he enjoys traveling, golf, hanging out with his family (when they let him) and spending an unhealthy amount of time and money supporting the Iowa Hawkeyes.

He quit drinking in 2019 and considers it the **best thing he's ever done for himself or his family.**

His memoir about his drinking, his decision to give it up and everything he learned in the process, was published in 2023. It's called *I Didn't Believe It Either: One Dad's Discovery That Everything Is Better Without Alcohol*. It is available on Amazon.

"YOU DON'T HAVE TO HIT BOTTOM TO WONDER IF THERE'S A BETTER WAY TO LIVE."

Todd shares his journey from the stage not as a man preaching from a podium, but as a **regular, funny, relatable guy** who asked himself a hard question — and liked where the answer led.

UNDERGRAD

University of IowaIowa City, IA · 1997
BA, English

LAW SCHOOL

University of NebraskaCollege of Law
Lincoln, NE · 2000

PRACTICE

Kutak RockLaw Firm
Omaha, Nebraska**TODD KINNEY**

ATTORNEY · AUTHOR · SPEAKER · ATTORNEY · ATTITUDE PERFORMANCE COACH

LONG SYNOPSIS

I DIDN'T BELIEVE IT EITHER.

One Dad's Discovery That Everything Is Better Without Alcohol

THE BOOK

I Didn't Believe It Either

AVAILABLE ON AMAZON

LONG SYNOPSIS — —

Todd was a classic gray area drinker who looked like he had it all together on the outside. Successful attorney, nice house, beautiful family. But on the inside, he was tormented by his relationship with alcohol. He loved drinking and being the life of the party, yet there was so much about drinking he didn't like: the control it had on him, how it consumed his every thought and how he felt after drinking too much.

He spent six years evaluating his relationship with alcohol and employing every moderation hack in the book. Some of them worked, but it was exhausting and the victories were always short lived. All the things he didn't like about drinking — they always came back.

By 2019, Todd was growing tired of fighting his internal battle. He was worn down by the constant negotiating and obsessing, and he was sick of the torment, shame and regret. Then in the fall of that year, **his wife whispered something into his ear that would end up changing his life forever.** It was the last straw in a string of countless other incidents over several years — some tiny, some big, most somewhere in between — that finally tipped the scales for good. He decided to quit drinking.

GIVING UP ALCOHOL WAS SCARY AND OVERWHELMING. HE THOUGHT LIFE WITHOUT IT WOULD BE A BIT LIKE A PRISON SENTENCE.

What he discovered, however, was that giving it up was the farthest thing from a prison sentence. On the other side of alcohol was a life of **deeper connection, richer fulfillment and unending gratitude** that he didn't even know existed. He found a sense of clarity and peace that he had never felt before — a new and better way of living that so far outweighs what alcohol ever gave him, he wishes he would have done it sooner.

I Didn't Believe It Either is the raw, honest, vulnerable and sometimes funny story of Todd's journey to quitting the one thing he thought he couldn't live without and his discovery that sobriety is better than he ever imagined.

SHORT SYNOPSIS

FOR **EVENT** PLANNERS & INTRODUCTIONS.

A CONDENSED VERSION READY FOR EMCEES, PROGRAMS, AND WEBSITES

SHORT SYNOPSIS — —

Todd was a classic gray area drinker who looked like he had it all together on the outside. But on the inside, he was tormented by his relationship with alcohol. He loved drinking and being the life of the party, yet there was so much about drinking he didn't like: the control it had on him, how it consumed his every thought and how he felt after drinking too much.

He spent six years evaluating his relationship with alcohol and employing every moderation hack in the book. Some of them worked, but it was exhausting and the victories were always short lived.

By 2019, Todd was growing tired of fighting his internal battle. He was worn down by the constant negotiating and obsessing, and he was sick of the torment, shame and regret. Then in the fall of that year, his wife whispered something into his ear that would end up changing his life forever. **He decided to quit drinking.**

Giving up alcohol was scary and overwhelming. Even though Todd knew it was the right decision, he also thought life without alcohol would be a little dull and boring, a bit like a prison sentence for not being able to "drink like a normal person."

What he discovered, however, was that giving it up was the farthest thing from a prison sentence. *I Didn't Believe It Either* is the raw, honest, vulnerable and sometimes funny story of Todd's journey to quitting the one thing he thought he couldn't live without — and his discovery that **sobriety is better than he ever imagined.**

"THE RAW, HONEST, VULNERABLE AND SOMETIMES FUNNY STORY OF TODD'S JOURNEY — AND HIS DISCOVERY THAT **SOBRIETY IS BETTER THAN HE EVER IMAGINED."**

BOOK TODD.

Keynote · Fireside Chat · Workshop · Author Talk

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