

Bio: John Hanc

John Hanc is a long-time columnist and contributing writer to *Newsday* and a contributing editor to *Runner's World* magazine. He is also a contributing writer to *Smithsonian.com* and a contributor to *The New York Times*.

He is the author of twelve books, including the best-seller *Organize Your Mind, Organize Your Life* (Harlequin Nonfiction) which he co-authored with Margaret “Coach Meg” Moore and Dr. Paul Hammerness.

Hanc and Coach Meg, along with Dr. Edward Phillips, have collaborated on a follow-up book—about how to better manage the inner family that gives shape to human emotions—which will be published by Harlequin Nonfiction in 2015.

Hanc's other books include two award-winning memoirs *Not Dead Yet* (St. Martin's Press), about bike racer Phil Southerland, a Type 1 diabetic; and *The Coolest Race on Earth* (Chicago Review Press), about Hanc's participation in the 2005 Antarctica Marathon.

An associate professor at the New York Institute of Technology in Old Westbury, where he teaches journalism and communications, Hanc is also a runner and fitness devotee. He finished his 27th career marathon—the Marine Corps Marathon in Washington, D.C.—in October, 2014. He lives with his wife and son in Farmingdale, New York.