

Kit Mann Podcast Guest Press Kit



About Kit

Kit Mann is the host of *The Modern Taoist Podcast* and a 30-year veteran of radio, television, and public speaking. With a degree in Eastern Philosophy and more than 15 years of study under Taoist Master Zhou Daoxuan, Kit bridges scholarship and lived practice, bringing Taoism into modern conversations with humor, clarity, and practical wisdom. His podcast and teachings make Taoism accessible, engaging, and useful for real-world challenges — from technology and stress to conflict, creativity, and balance.

Why Book Kit

- **Broadcast-ready:** 30 years in radio/TV plus accomplished public speaker
- **Dual authority:** Degree in Eastern Philosophy + 15 years of Taoist study and practice
- **Engaging communicator:** Conversational, plain-talk style — no jargon or sermonizing
- **Practical impact:** Audiences walk away with insights and practices they can use immediately

Signature Style:

Authentic, insightful, and story-driven discussions that connect with audiences and deliver real value.

Topics & Angles

- **Taoism in Modern Life** — stress, balance, and clarity
 - **Taoism & Technology** — living in the age of AI and constant noise
 - **Taoism & Culture** — conflict, resilience, and community
 - **Taoist Practice in Action** — Qigong, walking meditation, breathing practices
 - **Eastern Thought in the West** — Taoism vs. Zen, Christianity, and “pop spirituality”
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Sample Questions

- What does Taoism offer people in today's noisy, conflict-driven world?
- How does Taoism approach violence and conflict differently than other traditions?
- What does Taoism say about technology, AI, and digital overwhelm?
- How is Taoism often misunderstood in the West?
- What's one Taoist practice someone can try right now?

Audience Takeaways

When I appear as a guest, your audience will leave with:

- **Clarity in the chaos** — a Taoist way to see modern stress and conflict with fresh perspective.
- **Practical tools** — simple Taoist practices like breathing, grounding, and walking meditation that anyone can use right away.
- **A new lens on technology** — how to live with AI, screens, and constant noise without losing balance.
- **Insight into Taoist philosophy** — explained in plain talk, with humor and real-world examples.
- **Encouragement, not dogma** — Taoism as an open path, not a rigid rulebook.

Media Assets

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The media assets provided here (photos, podcast artwork, and logos) may be used solely for the purpose of promoting Kit Mann's guest appearances, interviews, or related press coverage. Any other use requires prior written permission. You may remove the background from the photos if necessary without written permission







These Images can be downloaded here:

🌐 [The Modern Taoist Podcast - Modern Taoism for everyday life](#)

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- Instagram: [@dao_ananda](#)
- Threads: [@dao_ananda](#)
- Bluesky: [daoananda.bsky.social](#)
- Substack: [daoananda.substack.com](#)

Technical Details

To ensure a professional-quality recording, I use:

-  **Professional Studio Microphone** (broadcast-quality audio)
-  **Zoom, Riverside, or equivalent platform** for remote interviews
-  **4K-capable camera** and well-lit recording space for video podcasts
-  **Monitoring headphones** for clean, echo-free sound

I also record locally when requested, so hosts have access to high-quality backup files.

- **Availability:** Flexible based on schedule. Kit operates in the American Pacific Time Zone.

Designed for podcast producers and hosts seeking an engaging, knowledgeable guest who delivers value and connection to their audience.