



# Brooke Siem

AUTHOR | CHEF | UNLIKELY SPEAKER ON  
PSYCHIATRIC DRUG WITHDRAWAL  
& THE SKILL OF HAPPINESS

“Brooke mesmerized the room with her exquisite vulnerability, blending her journey with important calls-to-action and strategies for how we can all be more present and empowered in our own lives.

—Jenny Blake  
bestselling author &  
host of the Pivot Podcast

“Brooke is a powerhouse who understands the nuance of performance and the subtleties of how to inspire any audience to take action. Brooke's speaking is not only educational, it's highly inspirational.

—Tricia Brouk  
executive producer at  
The Speaker Salon

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## Speaking Topics

### THIS TALK MAY CAUSE SIDE EFFECTS

In this motivational talk, Brooke explores the unintended long-term effects of a young adulthood spent on psychiatric drugs, while asking us to reframe our conception of depression through the lens of hope and love.

### LESSONS FROM THE GRANDMOTHER PROJECT

In this inspiring (and delicious) talk, Brooke shares how a year of traveling the world to cook with grandmothers taught her to grieve, connect, and heal from the death of her father. In the event of a kitchen, this talk can also come with snacks Brooke prepares in honor of the grandmothers who taught her.

### FINDING HAPPINESS THROUGH FACTUAL OPTIMISM

In this corporate-focused talk, Brooke explores how using data to quantify emotion can actually empower people take control, recover from depression, and learn the skill of happiness.

## About Brooke

Brooke Siem was among the first generation of teens to be medicated with antidepressants. After spending half her life—and her entire adult life—on antidepressants, she wondered: Who might I be without them?

Unfurled against a global backdrop and her work as an award-winning chef, Brooke's story chronicles explosive and terrifying antidepressant withdrawal and the fight to manage the modern mental health system, all while demanding hope and forgiveness in the name of healing.

Brooke's memoir, [MAY CAUSE SIDE EFFECTS](#) (Central Recovery Press, 2022) is the first book on antidepressant withdrawal to hit the mass-market, a notable milestone in the journey to bring global awareness to antidepressant withdrawal. She is also a Food Network "Chopped" Champion, and founder of the newsletter [Happiness Is A Skill](#), and creator of the [F\\*ckit Bucket™](#).



**[MAY CAUSE SIDE EFFECTS](#)**  
is available wherever books  
are sold.

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