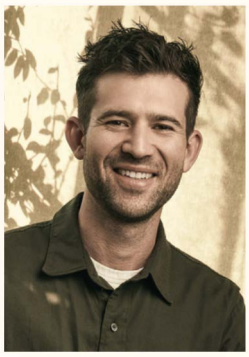
BRICK™

BRICK CREATES A WORLD WHERE HEALTHY PHONE HABITS ARE COMMON PRACTICE

Hey, I'm Tommy Sobel



I am the founder of Brick and the world's first digital habits coach, having helped 1000's of busy top-performers reclaim tens of 1000's of hours of productive time.

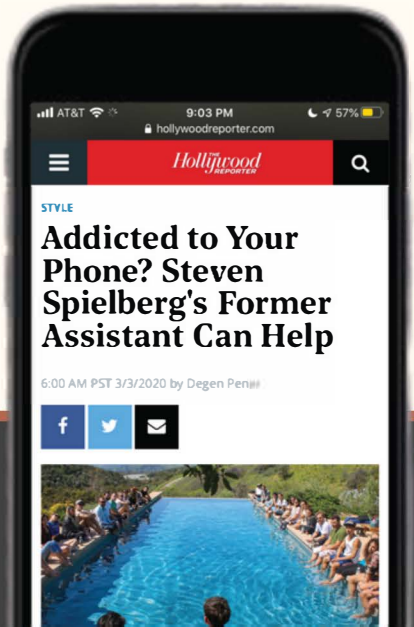
Using my background in neuroscience and behavior reconditioning, I train smartphone users to improve their relationship with screens through coaching, proven systems and community, so they can reclaim 100+ productive hours each month, grow their business faster and enjoy more time off.

Services

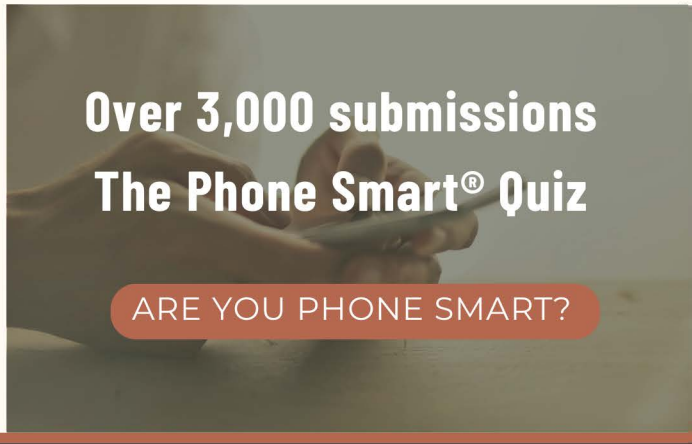
COURSES
COACHING
WORKSHOPS

Stats

5.5k	3k	48%
IG FOLLOWERS	EMAIL SUBSCRIBERS	OPEN RATE



Read what
The Hollywood Reporter
is saying about us!



TEXT BRICK TO JOIN
(844) 427-2529

info@gobricknow.com
www.gobricknow.com