

Miles Crain

Life is Measured In Miles. How far will you go?

Founder of Measured In Miles, LLC | Author of *Everything Affects Everything*



AT A GLANCE

Based in:	Lubbock, Texas	First book:	<i>Everything Affects Everything</i>
Education:	Texas Tech University, psychology, 2025	Published:	September 13, 2026
Audience:	More than 130,000 followers	Publisher:	Measured In Miles, LLC

THIS IS WHO I AM

My name is Miles Crain. Measured In Miles is a way of approaching life. Progress compounds with every step, in every area of life. Every mile matters.

At 18 years old, I was sent to rehab for substance abuse and mental health issues. I was forced to take a hard look at myself on a level much deeper than the surface. In doing so, I became obsessed with the brain. I pursued a degree in psychology, graduating in the top percentile of my class. That interest expanded into neuroscience and philosophy. I now help people apply these concepts to build internal systems that fundamentally change how they live.

My first book, *Everything Affects Everything*, is a foundation for self-mastery, built on thirteen pillars that shape the human experience.

THIS IS WHAT I DO

My work is designed to help you rewire subconscious patterns and build systems that create long-term autonomy. It includes:



Everything Affects Everything

How to Stop Drifting and Start Building a Life You're Proud Of



Unconsciously Conscious

A Guided Psychology Journal for Understanding the Mind That Runs Your Life



Man's Urge To Go Nowhere

A Guided Philosophy Journal on Presence, Purpose, and the Cost of Never Arriving

CONTACT AND LINKS

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