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Helping People Get The Results They Want

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FOR IMMEDIATE RELEASE

Local Author Gives Tools for Unconditional Happiness

(July 15, 2010 Naples, FL) **Dr. Donna Daisy** proudly announces her new book entitled, *Why Wait? Be Happy Now! Finding Your Path To Unconditional Happiness.*

“You do not need the perfect body, the perfect home, the perfect amount of money or even the perfect health in order to be happy. Happiness lies within.” Says Author and Speaker Dr. Donna Daisy. She added, “Our only job is to access our inner happiness.”

In part one of the book, Training Your Mind for Happiness, Donna discusses your genetically determined set points for happiness. She tells how to change old habits of thinking to raise that set point and insure that your new, higher level of happiness is sustainable day in and day out.

In part two of the book, Tuning Your Heart To Love, Donna demonstrates how you can live from feelings of love, gratitude, forgiveness and compassion. In so doing, you are on the path for improved health, increased happiness and greater feelings of well-being.

“There is such a strong connection between people’s attitude and physical health,” said Kathleen Wilson, M.D., Mayo Trained Internist. She added, “I recommend this book to all of my patients as a component of their health care strategy.”

Why Wait? Be Happy Now! Finding Your Path to Unconditional Happiness, is available for purchase at www.donnadaisy.com, amazon.com and at Donna Daisy seminars and workshops.

Dr. Donna Daisy, Ph.D. is a psychologist, life coach, author and inspirational speaker. Donna believes **the best way to predict the future is to create it.** Donna’s doctoral studies on resilience, clinical training in stress management at the Harvard Medical School Institute of Mind/Body Medicine, studies in the field of Positive Psychology and wisdom from the Law of Attraction provide the background for her lectures and books. Donna lives in Naples, Florida. For more information, visit www.donnadaisy.com.