



dr. donna daisy & associates, L.L.C.

Helping People Get The Results They Want



Dr. Donna Daisy

. Psychologist ~ Author ~ Speaker

Why Wait? Be Happy Now!

Happiness may be the most sought after experience in the World. Yet,

- Only 39% of people report being deeply happy.
- 1 in 10 Americans are now taking drugs to combat depression.
- World Health Organization predicts that by the year 2020, depression will be in the top two medical concerns in the world, second only to cardiac problems.

I'm *Dr. Donna Daisy*. In today's fast paced world, all of us face challenging circumstances that threaten our happiness -- job loss, financial concerns, health issues, loss of a loved one.

My message to you is this:

“The human spirit is an amazing thing. Given the right tools and strategies, each one of us can live a rich, full, satisfying life, regardless of our circumstances.”

Science has now found the answers that make happiness within the reach of everyone. You don't have to change your genetics, have perfect circumstances, or depend on other people to make you happy. You can raise your own happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness. It is these habits that I teach in my book, *Why Wait? Be Happy Now!* and my seminars which include:

- Mastering Your Mindset In Challenging Times
- How To Increase Positivity, Productivity, and Profitability In Your Workplace
- Training Your Brain For Success
- Master Your Stress Before It Masters You
- Aging With Vitality
- Happier is Healthier! Why Wait? Be Happier and Healthier Now!
- How To Create The Retirement Of Your Dreams

Testimonials:

“Last summer my husband was diagnosed with a rare autoimmune disease that has completely changed our lives. After spending 3 months in a wheelchair, he was interested to hear Donna's lecture about being happy and making the best out of the hand you are dealt. We certainly were not disappointed. In fact, we came away with a feeling that she has truly found a way to smile and survive in this ever--changing world. She speaks straight from the heart, and, if you are lucky enough to listen to her, she will also touch your life.” ~ *Marilyn Kacy*

“There is such a strong connection between people's attitude and their physical health. I recommend this amazing book, *Why Wait? Be Happy Now!*, to all of my patients as a core component of their health care strategy. Being happy is not just an emotional benefit – it is essential for total well-being.” ~ *Dr. Kathleen Wilson, Internist*