



Dr. Donna Daisy Biography

As a professional speaker, psychologist and author of two published books, Donna is a recognized leader in the fields of happiness, stress management, health and well-being, and the bottom line benefits of happiness in the workplace.

Donnas' 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, brain plasticity and success at goal achievement inspired the writing of her books, ***Why Wait? Be Happy Now!*** and ***Rise Above It!***, and make Donna the "go to person" for

mastering your mindset and creating the success you want.

Building on current research on why happiness at work is the ultimate productivity booster in corporations, Donna teaches organizations how to use concrete tools and strategies for increasing positivity, productivity, and profitability by training the brain for happiness.

Donna has presented workshops and designed programs for organizations nationwide including; *Northern Trust Bank, Opa Food Management, Morgan Stanley Smith Barney, Ciccarelli Financial Advisory Services, the Collier County Sheriff's Office, Florida Crime Prevention Training Conference, Personalized Physician Services, Inc, HospiceCare of Madison, Wisconsin, Kentucky Association of Legal Administrators, St. Luke's Hospital Association of Female Physicians, and Rainmaker Association for Female Attorneys.*

Lecture topics 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

Donna is well known for her articles which have been published in the award winning *eBella Magazine, Gulf Shore Life Magazine, and the Naples Daily News*. Her work has also been covered in the media including: *The Dr. Molly Barrow Show, 98.9/WGUF in Naples, FL, and TV appearances including WINK TV, Women to Women, and Fox Morning Blend in Ft. Myers, Florida.*



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*

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Helping People Get The Results They Want

DR. DONNA DAISY

Psychologist ~ Author ~ Speaker

As a professional speaker, Donna has designed and presented programs to companies, educational conferences, and professional associations including:

- Northern Trust Bank
- Ciccarelli Financial Advisory Services
- Naples Health Care Associates
- Total Senior Home Health Care
- Personalized Physician Services, Inc.
- The American Psychotherapy Association
- HospiceCare of Madison, Wisconsin
- Florida Crime Prevention Training Conference
- Opa Food Management
- Morgan Stanley Smith Barney
- Women's Network of Collier County
- Business and Professional Women National Conference
- Kentucky Association of Legal Administrators
- St. Luke's Hospital Association of Female Physicians
- The Rainmaker Association for Female Attorneys
- Greenville Regional Hospital
- Public Relations and Marketing Association of Collier County
- Collier County Sheriff's Office
- Wyndemere Country Club Fitness Center



Lecture topics 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
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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.”

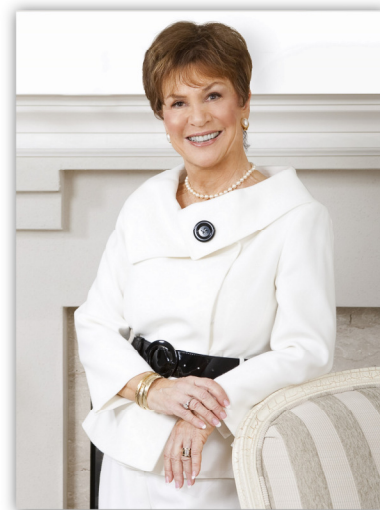
Why Wait? Be Happy Now! Finding Your Path to Unconditional Happiness, is available for purchase at www.donnadaisy.com, amazo.com and at Donna Daisy seminars and workshops.

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.



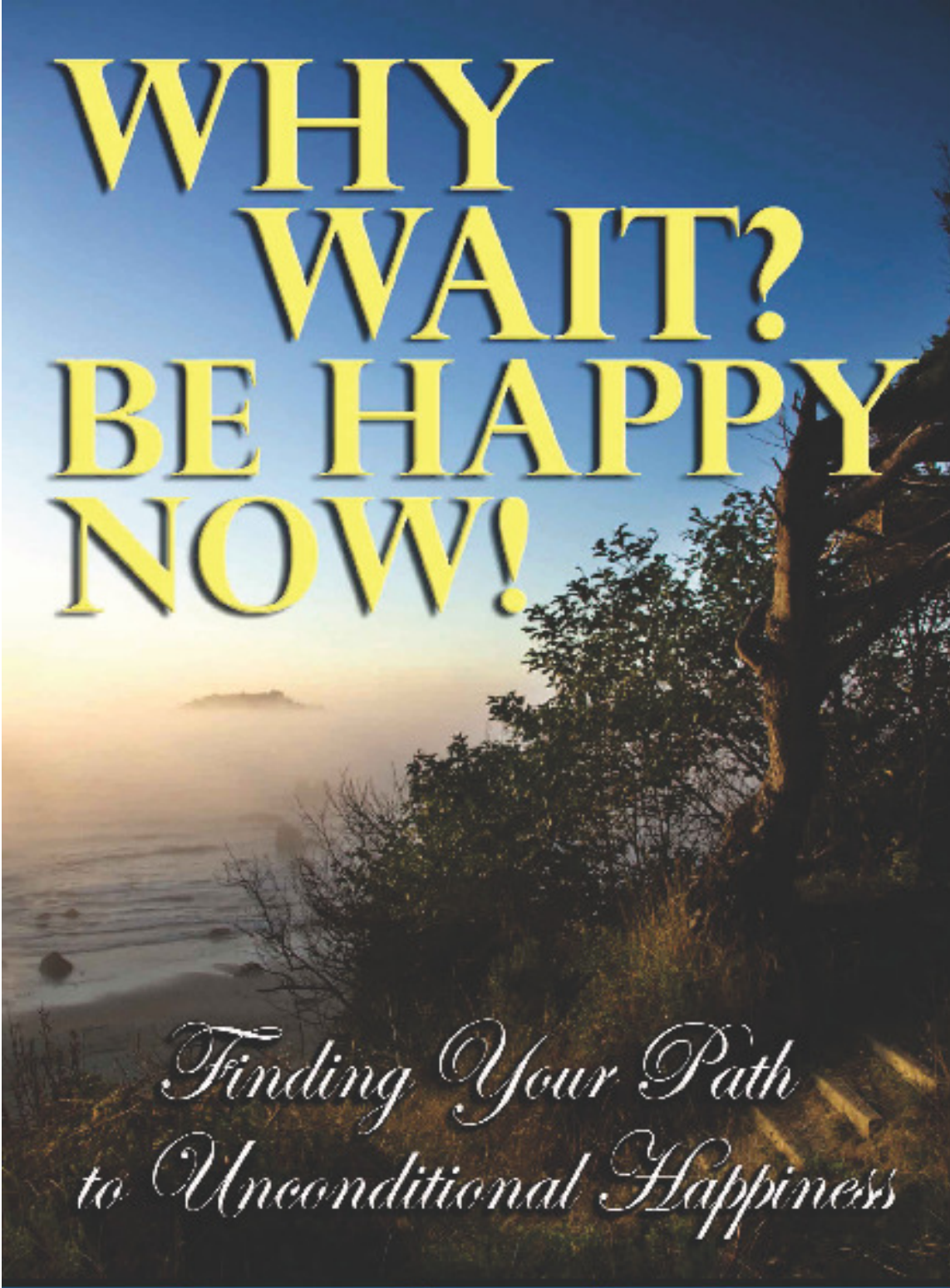
DR. DONNA DAISY

Psychologist ~ Author ~ Speaker



Radio/TV Show Questions

1. Question: What inspired you to write your book, *Why Wait? Be Happy Now!*
2. Question: Some of our listeners are probably thinking, "Well, maybe they can do it, but there is no way I could possibly be happy in my situation." What do you think stands in the way of being happy for most people?
3. Question: What do you consider the most significant thing that researchers have learned in recent years about our ability to be happy?
4. Question: What determines each person's happiness set point?
5. Question: How do we get to the point where we can bring happiness to our circumstances rather than hoping our circumstances or perhaps another person can make us happy?
6. Question: What are some of the things people can do to focus on the positive?
7. Question: What about people experiencing extreme adversity – like the loss of a spouse, the loss of a job, or loss of their health?
8. Question: What about people who may not be in a crisis situation, but who would just like to raise their happiness set points?
9. Question: Your book is divided into two parts: Part I is Training Your Mind for Happiness, and Part II is Tuning Your Heart to Love. What would you suggest to our listeners to start training their minds for happiness?
10. Question: Are there certain life skills that contribute to happiness?



WHY
WAIT?
BE HAPPY
NOW!

*Finding Your Path
to Unconditional Happiness*

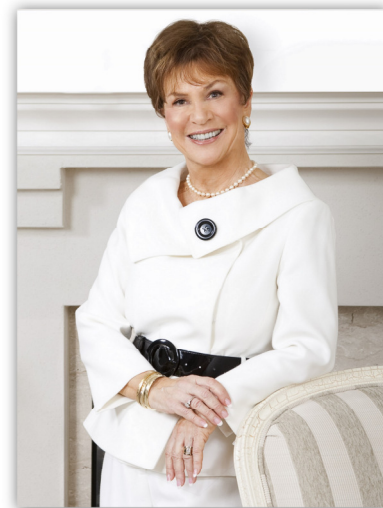
DONNA DAISY PH.D.



DR. DONNA DAISY

Psychologist ~ Author ~ Speaker

Testimonials



“Considering the current economic environment, I believe this course should be mandatory for every employee (especially deputies.) The constant stress certified deputies (CO & LEO) deal with would benefit from having this course every year or stretched out to every 18 months.” - *M. Shattuck*, Collier County Sheriff’s Office

“Thank you for refocusing me on the right path!” - *Simona Cook*, Collier County Sheriff’s Office

“As I reflect on your program, I am convinced that you not only hit a homerun, it was a grand slam! From your heartwarming content, to your flawless presentation, to the excellent attendance, and to the lives that will be shaped, changed and aided by your presentation, it was a memorable afternoon! Thank you from all of us.” - *Alan Gaffner*, Director of Legislative Affairs and Volunteer Services Greenville Regional Hospital

“Last summer my husband was diagnosed with a rare autoimmune disease that has completely changed our life. 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*

“I refer to Donna’s new book as “my happiness bible.” I love it. I find myself rereading chapters to refresh my memory on my journey to happiness only to find that not only am I refreshing my memory, but I am polishing my happiness skills each and every time. Compared to several other self help books that I have read, I find the size of Donna’s book to be perfect. Although books I have read in the past were helpful, I found them to get quite boring midway through as they seemed to repeat themselves over and over. Donna’s new book is a very easy read, not only do I find it to be direct and to the point while containing a lot of solid useful information, I feel myself filled with excitement and anticipation over what I will learn from the next chapter.” - *Patti Daft*



Testimonials (continued)

“There is such a strong connection between people’s attitudes and their physical health. I recommend this amazing book, *Why Wait? Be Happy* is not just an emotional benefit. It is essential for total well-being – mind, body and spirit.” - *Kathleen Wilson, M.D., Mayo Trained Internist*

“Donna, I want you to know how very much I enjoyed your lecture. Your presentation was so precise and very informative, but done in such a captivating manner. I found myself so intrigued with your subject that I didn't want you to stop. I bought two books that day as I thought of a friend that really can benefit from its contents, and of course, I had to have one for my personal library. I hope this will be one of many books you will produce for the benefit of all.” - *Marie Boersma*

“Donna Daisy has unique insights into the things that make life work. She has lived through several unusual life experiences. Her perception, compassion and intellect are special. She has “walked the talk”. Her presentation is thoughtful, stimulating and inspiring. A gifted person.” - *Dan Gill, Retired CEO Bausch and Lomb*

“Thank you for teaching us all how to lead a happier life! This is a job well done! People in all walks of life can benefit. I will now stay ABOVE THE LINE Always!” - *F Perrotta, CEO Precision Prep and Press, Inc.*

“Carl and I so enjoyed listening to your talk, and sharing your story about the book. You are truly an inspiration for positive thinking everyday. I am reading your book now. It’s awesome. I just love it! I would like to purchase more books for my six children, and some for my friends! Please let me know where to get them! I learned to change from a savior, martyr, victim to a healer/helper. I am in a better place today because of people like you!” - *Sally Santolli*

“Your lecture was one of the most enjoyable lectures I have experienced. It was obvious that your topic touched everyone in the room by the way you captured and then held the audience’s attention throughout the lecture. The content of the lecture was positive and uplifting. The visual aides were clear and well organized with just enough information to encourage the audience to read your book. Last, but by no means least, was your presentation. You were able to take the audience with you through the good times and the difficult times. Faces smiled and eyes shed a few tears. It was warm, sincere, and so from the heart that you could feel the love in the room. Well done!” - *Carla Morris*



Naples Daily News

Life changing: 'I'll be happy when...'

Donna Daisy, Community contributor originally published Wednesday, September 23, 2009

How many times have you said to yourself, "I will be so happy when I retire in 10 years? That is when life will really be good," or "I will be happy when I get a different job," ... or "when my husband gets his act together ... or the kids grow up ... or I get that promotion at work."

It is so easy to postpone today's happiness on the belief that when our situation changes, our level of happiness will also change. This approach to life is sometimes called a "victim stance" — the belief that it is our circumstances (not us) that are in control of how happy we are. In reality, our circumstances do not define us. In the words of author and lecturer, Dr. Wayne Dyer, "They just represent our unique curriculum — our tests, challenges, and opportunities for personal growth."

My husband, Charles, and I made it a practice to use our challenging life experiences as a very effective curriculum in our own lives. Four years ago, Charles' left knee became infected with an extremely resistant strain of bacteria known as Acid-Fast Bacilli (AFB). Within a year, the right leg was also infected. The artificial knees in both legs had to be removed, and he was confined to a wheelchair. After many surgeries, and countless daily trips to the infusion center for IV antibiotics, we were still unable to eradicate the infection, resulting in the amputation of his right leg.

We realized that if we adopted the mindset of, "We will be happy when Charles can walk again," we would miss the opportunity for many happy moments, and the laughter we shared as we worked together to get through those challenging times.

The ability to remain happy, especially in times of adversity, requires the conscious use of some very specific mental skills, including the perspective with which we view things that happen to us. Each day, we all have a choice to "be happy when ..." or to be happy now. Here are a few strategies that helped us make each day the best one possible:

1. Don't get too high or too low about anything that happens.
2. Don't sweat the small stuff. (Thank you, Richard Carlson.) We have enough large stuff to keep us challenged.
3. Avoid letting your mind dwell on the things that upset you or "punch your buttons." Your feelings are directly connected to your thoughts.
4. Focus on the good stuff. Each morning before starting your day, take a moment to mentally make a list of five things you are grateful for that day. Try to list different things each day.
5. Treasure every moment you have, be happy, and enjoy the ride.



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è Bella magazine

“This article is written as a tribute to all the wonderful residents of Southwest Florida who are the embodiment and role models for aging with vitality.”

— Donna Daisy, Ph.D.

Make the Rest of Your Life the Best of Your Life

Donna Daisy, Ph.D.

Originally Published February, 2009

My worries about what old age might bring abruptly began when I received that long dreaded letter from AARP that said, “You are now eligible - - .” At that time, my head was filled with all the usual cultural stereotypes about aging such as, “Intelligence declines with age” and “Most older people have little interest in or capacity for sexual relations,” or “The majority of older people are isolated and lonely.” My fears about my own future as related to aging were so intense that I decided to audit a class on aging at Florida Gulf Course University to see if there was any “upside” to this business of growing older.

I was delighted when I ran across studies from the MacArthur Foundation Consortium on Successful Aging that said, “The way people age (whether in their 70’s and 80’s they end up sick, demented and sexless, or vigorous, sharp and libidinous) is mostly a matter of how they live rather than genetics.”

People who age well don’t have some kind of marvelous genetic immunity that allows them to wander through life untouched by illness, bereavement, job losses and other losses. What differentiates the people you see socializing, playing golf and tennis, exercising, playing bridge, and enjoying ballroom dancing is that quality called resilience. Resilience is the ability to bounce back from distressing events, and it is the primary factor separating those who enjoy a high quality of life as they grow older from those who experience sharper physical and cognitive declines.

So how do we become resilient? How do we cope with the inevitable stressors related to aging? What are the skills we need to master to build resilience? What I discovered was that people who are resilient take responsibility for their lives. They empower themselves rather than living their lives as helpless victims who never seem to have the resources to cope. They take control of their lives, even when all they can control is the attitude they bring to challenging situations.

The MacArthur studies identified several factors that contribute to resilience and the ability to develop positive and satisfying lifestyles: Regular physical activity, healthy diet, frequent social interactions, meaningful activities such as volunteering for local non-profit organizations, and active engagement with lifelong learning opportunities. These are the factors that can be changed by people as they age, putting their sense of well-being under their control.



è Bella magazine (continued)

What excited me most was learning that there are specific characteristics and qualities that we, even in our 40's and 50's, can consciously choose to develop and strengthen in our lives that will empower us to be more in charge of our mental health, physical health, and sense of fulfillment and satisfaction with life as we get older. Here are some of my personal favorites. By putting these seven strategies to work in my own life over the past several years, I have been able to enjoy and maintain a high quality, happy, even joyous life despite the many challenges that my husband and I have faced:

1. Surround yourself with friends who are upbeat and energizing. Consider gradually detaching from those who drain your energy.
2. Take long walks each day. This provides a wonderful opportunity to quiet your mind (a good stress reducer) while also getting some terrific exercise.
3. Refuse to dwell on thoughts that create stress and anxiety. Take responsibility for the quality of your life by doing what you can about each problem that comes your way. Then, as they say in 12-step programs, let go and let God.
4. Maintain a healthy diet.
5. Get medical care on a regular basis.
6. Get a pet. Research has long documented the health benefits of sharing your life with a pet that loves you.
7. Stay closely connected to your spiritual nature. Know your deepest values and honor the things that make your heart sing.

Thank you Southwest Florida role models who live these strategies every day. You are the best proof we could have that when you take responsibility for your own life, you can, at any age, "make the rest of your life the best of your life," and for that, you will forever have my deepest gratitude and respect.

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