



## About the Author

Dr. Sunny Massad is the President and Founder of the Hawaii Wellness Institute, a nonprofit training organization in Honolulu, Hawaii. She is widely known for the warmth, enthusiasm, and humor that she brings to the subjects of performance enhancement, lifestyle management, and burnout reversal.

Sunny Massad has an excellent reputation as a keynote speaker and corporate trainer specializing in a unique approach that combines the best of Eastern philosophy with the motivational systems of Western psychology. She has been a guest on over a dozen television and radio programs, contributes articles to local newspapers, and is adept at radio and print media interviews.

Sunny Massad is the originator of the trademarked system of counseling called UnTherapy® and is an active member of the American Counseling Association. She runs a successful private practice as a counselor in Honolulu. She is known for her solution-oriented, no-nonsense approach to problem-solving, her sense of humor, and her ability to cut directly to the root of any issue.

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