



About the Book

“To transform one’s life into a path of enlightenment requires acceptance, not judgment. Learning how to accept oneself as a work in progress, to cultivate compassion in place of self-criticism, and to nurture and nourish oneself in place of self-neglect provides internal validation that sustains over time, regardless of circumstance.”

--Sunny Massad

This book was written for busy, productive, and even successful people who recognize that stress, anger and job apathy can result in compulsions to overeat, drink, isolate, stay too busy or “veg out” for too long. These very coping strategies, originally adopted to “take the edge off,” can inevitably result in a life that feels passionless and empty. *UnTherapy* provides the methods and knowledge necessary to change the direction and pace of one’s life.

UnTherapy is formatted into short, 2-3 page subsections that can be read at night before retiring or any time a few minutes can be seized. Exercises are presented throughout the book to assist readers to reflect on their personal lives, to identify what is important to them, and to integrate their values and principles into their lifestyles. Unlike the morass of “make it happen” books that dominate the self-improvement market today, *UnTherapy* proposes that peace of mind is the ground from which inspiration and productivity flourish.

www.untherapy.com
www.hawaiowellnessinstitute.org
808-848-5544
1-800-501-3179