

***UnTherapy*: The One-Minute Stress Remover**

An Interview with Sunny Massad

What is *UnTherapy*?

UnTherapy celebrates the resilience of the human spirit and provides practical tools to remove the causes of stress and procrastination. Both the book and the counseling system replace the outdated stress management techniques of the 20th century by helping people identify the cause of their stress so they can maintain a sense of well-being.

It takes less than a minute to move beyond blame and take responsibility. When people learn how their own thoughts affect their feelings they can scrutinize their thoughts if they feel out of balance. An “aha!” occurs when people realize how their own behaviors

contribute to circumstances that perpetuate their stress. *UnTherapy* reverses worry and whining because it results in solution-oriented problem solving that reverses destructive habits.

How does it work?

UnTherapy is based on the premise that we are only in control of 2 things: what we think and how we behave. People are taught to examine and adjust the thoughts and behaviors that keep them in less than desirable circumstances.

For example, if someone is annoyed by an incessantly barking dog, they can 1) change their internal beliefs and attitude about the noise so it no longer bothers them or 2) take actions, such as confronting the owner, calling the ASPCA, etc., to resolve the problem.

Once a person realizes that they suffer because of their own thoughts ABOUT the barking, and take responsibility to handle the cause of their own suffering, appropriate action can replace the unconscious sense of victimization.

Who is *UnTherapy* for?

UnTherapy is for:

- healthy and well-adjusted people who feel “stuck” in some way;
- people who have “tried everything” and can’t seem to stop unwanted behavior patterns;
- people who want to stop procrastinating and get motivated;



- people who want to restore a sense of well-being; and people who want to live a higher quality of life with less conflict, will all benefit from *UnTherapy*.

Despite the seeming contradiction in terms, *UnTherapy* is geared both toward people who drive themselves too hard and people who do not have enough drive. I call it “an aphrodisiac for restoring authentic happiness.”

Why now?

People of the 21st century experience a new kind of stress: technology-related stress, or *techno-stress*. More and more people report feeling

less meaning in their lives,
less patience,
a shorter concentration span,
sleep disturbances,
shallow breathing,
internal and external conflicts,
and apathy that drives addictions and other emotional imbalances.

This is largely due to a lack of understanding of how to control the thinking mind and, thus, one’s own emotional state of being.

Additionally, because we learn at a young age to seek validation and security from people and things, many people don’t realize that security is an inside job. *UnTherapy* teaches people how to access a sense of security and peace of mind regardless of the circumstances of one’s life.

When should someone consider *UnTherapy*?

When a person knows what they should be doing but can’t get themselves to do it. It doesn’t matter if it’s weight loss or cleaning out the closet. *UnTherapy* alleviates the fears and discomforts associated with change and provides a practical plan to execute that change.

How does *UnTherapy* differ from Therapy?

Unlike orthodox psychology, which focuses on healing the wounds of the past, *UnTherapy* clients are not considered patients because those who are able to use this mental technology do not suffer from emotional or psychological illnesses and are not diagnosed as “sick”.

UnTherapy provides a boost when someone needs to move forward but doesn’t know how. Because past history is irrelevant to the success of present dreams and aspirations, the question “why” is replaced with “how.” Confidence is restored and self-sabotaging patterns get reversed when a person learns how to accept themselves as a work in progress.