

# What people are saying about UnTherapy

"Sunny Massad has provided the distillation that we have all been waiting for. It is a smart little book, directed and utterly relevant for those of us with over-busy lives. She offers us clear choices for living fully, with grace and resilience."

**Laura Sewall, Ph.D.**

***Author of *Sight and Sensibility: The Ecopsychology of Perception****

"Dr. Sunny Massad provides readers with a psychological and wellness-based owners manual."

**B. Eliot Cole, MD, MPA**

***Executive Director, American Society of Pain Educators***

"If you are looking for answers to your spiritual quest or want to know your indomitable innate qualities, then you must read *UnTherapy*! I assure you that you will feel spiritually lighter, ethically cleaner, and emotionally happier."

**Lama Wangchuck**

"*UnTherapy* is a 'must read' that will shift your perspective and transform the way you interact with yourself and the world around you."

**Dr. Laurie Steelsmith**

***Author of *Natural Choices for Women's Health****

"This wisdom packed book helps reframe struggles of the heart while providing eminently practical ways to break free from negative thoughts. I recommend it to all who are seeking a life that is rich, meaningful, and free."

**Anita Johnston, Ph.D.**

***Author of *Eating in the Light of the Moon****

"I love good self-help books that give practical advice and tell me something new. Sunny Massad's *UnTherapy* pulls out the plug on a lot of old stories. Read this book and help yourself to heal."

**Alice Anne Parker**

***Author of *The Last of the Dream People****

"This book will serve us in those moments when we get stuck in limiting stories; especially those stories that nourish a false identity hell-bent on survival. *UnTherapy* gently invites us to see through this self-deception."

**Kriben Pillay**  
author of *Radical Work*

"Sunny Massad's *UnTherapy* is a breath of fresh air that reveals the truth: you are enough, right now. If you are ready to be fulfilled, satisfied and at peace with yourself and your life, then this book is a *must read*."

**Linda Giles**  
author of *The Big Hunger*

"This book belongs in the hands of anyone who obsessively texts, e-mails, phones, and abuses their thumbs in a constant quest for more, more, more. Instead, use your hands to hold this book, turn these pages, and receive the experience of 'enough' that Sunny Massad offers."

**Pam Chambers**  
author of *Public Speaking Made Easy*

"*UnTherapy* is exactly what we need at this time in history. It's time to stop talking and start listening. Stop doing and start being. Stop getting and start giving. This book provides inspiration, support, encouragement and tools to do just that. It is not a book to speed-read, put aside, and forget. Its short sections are to be savored, their taste to linger on our minds, seep into our consciousness, and flavor our way of life."

**Makana Risser Chai**  
author of *Hawaiian Massage Lomilomi: Sacred Touch of Aloha*

"We are all neurotic in one way or another. It's just part of the human condition. *UnTherapy* teaches us to accept our neurosis with compassion, while not letting it rule our lives."

**Brian Samo Ross**  
author of *Talking to God without Calling Long Distance*

"Sunny Massad's fresh view on the addiction to self-improvement, laced with useful quotes, can be carried in a purse, briefcase or backpack to lighten mental baggage. "

**Dr. Rico Provasoli**  
author of *Golf Between The Ears*

"As an antidote to the endless alternative therapy production line, Sunny Massad's book, *UnTherapy*, is a straightforward, honest, no-nonsense, sans jargon, back-to-basics guide to seeing things as they simply are. Buy it, read it, and laugh at yourself!"

**Veena Schlegel**  
author of *A Seam for the Master*

"This concisely written 'how-to get real with your issues' book beautifully explains why suffering is optional! It's perfect for people like me who want clear information, and it's filled with valuable insights that will change the quality of your life today.

**Jane Pascual**  
News/Public Affairs Director, Cox Radio Hawaii

"Dr. Massad's book is true preventive medicine and a must read for patients who are prepared to see life as it truly is; free of the excess baggage we so often carry. Each chapter opens and enlightens the reader to another facet of life's self-imposed burdens to return us to the path of joyful and calm abiding."

**Ira D. Zunin, M.D., M.P.H., Medical Director, Manakai O Malama  
Integrative Health Care Group and Rehabilitation Center**

"In my work as an internist, I am aware of how physical symptoms, and even lifestyle choices, originate from emotional issues. Dr. Massad teaches 'how to' make the necessary changes to improve health and well-being."

**Tamar Hoffmann, M.D.**

"If you are in need of hope, *UnTherapy* will feel like a breath of fresh air. Dr. Massad's positive and optimistic approach helps you explore the peace of mind that comes by paradoxically accepting your negativity and pessimism – and with a genuine sense of humor as well! *UnTherapy* is a delightful wellspring of wisdom and an excellent practical guide!"

**Ragini Elizabeth Michaels**  
author of *How To Live With Paradox*

"Sunny Massad has developed a no-nonsense approach to restoring passion and peace of mind that is fundamental for students who are determined to make societal contributions through the starting of new things. This is why the Hogan Entrepreneurial Program will now count on this book as one of our "must reads."

**John Webster, Ph.D.**  
**Director, Hogan Entrepreneurs, Chaminade University**

"As a Certified Motivational Coach and Personal Trainer, I use *UnTherapy* to help others towards success. This handbook will be a valuable tool for anyone serious about living a full life."

**KC Carlberg, MPH**  
**Owner of *Try Fitness***