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## Local Stress Counselor & Originator of UnTherapy Launches Book filled with Practical Coping Skills

HONOLULU - “More and more people are looking for practical coping skills to deal with their anxieties. Fear, anger, stress, and even job apathy result in compulsions like overeating, drinking, isolating, overspending, staying too busy, and even “vegging out” too much,” says Sunny Massad, President and Founder of the Hawaii Wellness Institute, a nonprofit educational organization.

Dr. Sunny Massad, author of *UnTherapy: A Positive Psychology for Enlightened Living*, works with ordinary people with ordinary problems but wrote this book to speak to the hearts and souls of everyone who find themselves teetering on the brink of burnout.

Massad is “determined to bring practical coping skills into the hands of Hawaii’s people.” “So many people need to learn how to move beyond blame and shame, but traditional counselors are not trained to handle the issues of a healthy clientele and their techniques can actually be detrimental to a person’s growth.”

Sunny Massad has her Ph.D. in psychology. She will embark on a book tour that will start in Honolulu and the Hawaiian islands in January followed by the Pacific Northwest, the San Francisco Bay Area and then Southern California in February.

“This is not your ordinary book tour,” promises Massad. “The book readings will include a demonstration of *UnTherapy* with real issues of the audience members.” The kick-off for the book tour begins January 8 at the ING Direct Cafe at 1958 Kalakaua Avenue where Dr. Massad will hold *A Taste of UnTherapy*: a FREE book reading, interactive workshop, and book signing from 6:00 - 7:30 PM. Valet parking will be available.

Saturday, January 9, a 3-hour workshop from 1:00-4:00 at the same location will be held for anyone interested in learning how to reframe their problems into solutions, fuel self-confidence, and reverse self-sabotaging behaviors. Cost: \$65.

**To interview Sunny Massad about *UnTherapy*, call her at the *Hawaii Wellness Institute* in Honolulu at 848-5544.**

**To preview the book *UnTherapy* (that will be released January 2), to view a 4 minute video of Sunny Massad’s work, or to download a PDF manuscript, go to [www.untherapy.com](http://www.untherapy.com).**