

FOR IMMEDIATE RELEASE
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Local Stress Counselor & Author of UnTherapy Provides Stress Relief for the New Year

HONOLULU - Dr. Sunny Massad, originator of UnTherapy, is determined to place her innovative stress management system into the hands of the Oahu community. "The expression 'we're lucky to live Hawaii' is certainly true, yet many of our island ohana are feeling overwhelmed and burned out," says Massad. "Far too many people are ingesting medication for depression and anxiety, having trouble falling or staying asleep, overeating, overspending, staying too busy & then "vegging out" to much."

Sunny Massad's new book, UnTherapy: A Positive Psychology for Enlightened Living, to be released in January 2010, is a compilation of practical skills that she has gathered over her lifetime. Written in simple two-page sections with exercises, UnTherapy is designed to help readers eradicate self-defeating patterns, transform unwanted attitudes and behaviors, and access peace of mind.

While clinical psychologists are generally trained to assist people with a psychological diagnosis, UnTherapy is for ordinary people with ordinary problems who simply need to know how to cope with the fast pace and techno-stress of the 21st century. "Therapy focuses on what is wrong. UnTherapy focuses on what is right. Therapy focuses on the "why's" of the past. UnTherapy focuses on creating a positive present regardless of circumstances."

Dr. Massad will embark on a book tour that will begin 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.

A downloadable press kit and sample chapter of the book is available at www.untherapy.com but you will receive a hard copy of the press kit by mail

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