



# YOUR CHALLENGE IS YOUR TREASURE:

*How to Feel Upbeat in Downtimes & Make Life Easy when Things are Hard*

**SATURDAY, MAY 25<sup>th</sup>, 11:00 AM**

presented by

**Dr. Wendy Treynor**

*Teacher of Self-Love & Happiness Expert*

## YOUR EVENT



## YOUR EVENT LOCATION

**DISCOVER** how to ...

- \* Enhance the quality of your life
- \* Set yourself free from conflict and despair over unwelcome events
- \* Appreciate your life even if everything you thought *would* be is *not*
- \* Find meaning
- \* Transcend hopelessness
- \* Take control
- \* Find joy, freedom, peace

*See What People Are Saying about Wendy's Presentations:*

**"Superb"**

*-Meredith Grenier, Journalist, The Daily Breeze*

**"AMAZING—"**

*-Pat Johnson, Pat Johnson Studios*



**"What an incredible presentation!"**

*-Martha Charls[o]n*

**"Brilliant..."**

*Lisa Hasham, Social Worker, M.S.W.*

**"...MIND BOGGELING"**

*-Stanley Field*

Meet Dr. Wendy Treynor, teacher of self-love and happiness expert. At 36, she's been depressed, suicidal, jobless, divorced, a cancer survivor, & now she's HAPPY with a revolutionary, new theory on HAPPINESS. Dr. Wendy is also a Ph.D. Psychologist who has studied emotion and depression, so she integrates science and spirit, her research and life experience, to help us appreciate our life even if everything we thought would be is not. With warmth and humor, as both storyteller and scholar, Dr. Wendy inspires us to overcome perceived obstacles, live up to our true potential, and access the joy that is ours.

**PROVEN TO INCREASE LOVE OF LIFE:**

A March 2010 study sponsored by *The Lloyd Symington Foundation* showed that hearing Wendy's "A Treasure Map to Happiness" leads to increased love of life.