

# Lisa Cyper Kamen

HAPPINESS IS AN INSIDE JOB!™

## Do you find the word "happiness" annoying?

Have you seen one too many of those yellow smiley-faces that seem to be everywhere? If they annoy you, you're not alone. We're all faced with professional, economic and personal demands that challenge us every day, and when these pressures increase, they can throw us into survival mode and cynicism. The result? We don't enjoy life and our work, social, and family life can leave us frustrated and unfulfilled.

## You can raise your "H-Factor" (Happiness Factor) right now!

Lisa Cyper Kamen's fun, energetic talks will raise your group's Happiness Factor on the spot, as she shares strategies you can put to use right now to increase your sense of well-being. You'll learn what happiness looks, tastes, feels and smells like through an interactive experience that appeals to all 5 senses for sheer, simple joy.

## A documented 25% increase in personal happiness!

Lisa Cyper Kamen's techniques have shown a documented 25% increase in personal happiness for her clients, based on the standardized Oxford Well Being Test. Happier individuals mean happier employees, co-workers, family members and citizens who are more effective and more fulfilled. Your group will leave Lisa's breakthrough talk with their "H-Factors" soaring, empowered with new skills to thrive and flourish with a greater sense of well-being, no matter what their background or external circumstances may be.

**"Lisa's Happiness Workshop was a great experience for my agency. Her presentations were well-organized, well-executed and well worth the time and effort we spent promoting and hosting the events."**

**-Kim McNeal, Manhattan Chief of Recreation, NYC Parks & Recreation, NY**

### KEYNOTE PRESENTATION

#### The H-Factor: How to find it and keep it!

Experiencing first-hand what the "H-Factor" feels like, how to live in the "gift" of the present moment, and how to take control of your own personal happiness

### ADDITIONAL PRESENTATIONS

#### Harvesting Happiness in Complicated Times

Achieving greater life satisfaction even under difficult circumstances

#### Harvesting Happiness for Heroes (military)

Addressing the invisible wounds and effects of post-war life for military families and veterans

#### Harvesting Happy Families

Making joy the heart of the family

#### Harvesting Happy Workplaces

The domino effect of releasing the "positive virus"



## Lisa Cyper Kamen Speaker, Author

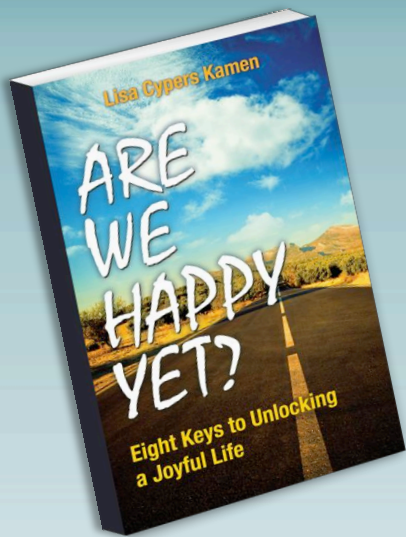
Acclaimed for her engaging blend of positive and spiritual psychology coaching, workshops, and philanthropic projects, Lisa is committed to raising the happiness level of audiences around the world. Through her books, radio show, media appearances and inspiring documentary films, such as "H-Factor... Where Is Your Heart?" she facilitates happiness and cultivates greater well-being and awareness of what it takes to be happy.

Lisa recently launched Harvesting Happiness for Heroes, a pending 501 (c) (3) nonprofit program dedicated to bringing integrated psychology coaching tools and well-being training to Veterans and their loved ones challenged by combat trauma and other post-deployment reintegration issues.

A frequent media guest and happiness expert, Lisa heads The Harvesting Happiness Company, which empowers clients with personal management tools leading to sustained happiness and positivity, both personally and professionally. Lisa resides in Southern California with her two children.



To book Lisa Cyper Kamen or inquire about coaching, workshops or online classroom programming, call 1.310.273.5300 or 877.929.5300 • E-mail [Lisa@HarvestingHappiness.com](mailto:Lisa@HarvestingHappiness.com)  
Website: [www.HarvestingHappiness.com](http://www.HarvestingHappiness.com) • YouTube: <http://goo.gl/uLIJC>



## ***Are We Happy Yet? Eight Keys to Unlocking a Joyful Life***

In *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*, internationally-known happiness expert Lisa Cypers Kamen offers a breakthrough system for creating your own personal “happiness revolution.” She gives you eight simple strategies you can use right now to sustain your Happiness Factor all day long. No matter what your background or what challenges you currently face, this book will show you how to leave your emotional baggage at the station and board the next train to greater happiness, contentment and joy. A sought-after happiness expert, Lisa has been featured on ABC, CBS, "Money Watch," The Huffington Post and Yahoo News.

**“Lisa Kamen’s visit with the students was critical to our success. She inspired us with her film and in discussion... I could not be more enthusiastic in my recommendation!”**

**-John Monterosso, Ph.D., Asst. Professor of Psychology,  
University of Southern California (USC)**

### **Lisa's talks are perfect for...**

- Government Offices and Military
- Combat Trauma Recovery Programs
- Stress Management Industry
- Addiction Rehabilitation Centers
- Health & Wellness Industry
- Hospitals
- Corporations
- Business Groups
- Entrepreneurs
- Women's Groups
- Civic groups
- Youth groups
- Schools, Universities, Colleges

### **Partial Client List**

- The Wounded Warrior Project
- New York City Parks and Recreation
- Equinox Fitness
- The Veterans Preservation Corps
- Motherhood Incorporated
- Kripalu Center for Yoga and Health
- The Heritage Square Museum
- New Directions Inc. at the Veterans Administration

### **Professional Affiliations:**

- International Coach Federation (ICF)
- International Positive Psychology Association (IPPA)



**“The response from the guys to your work through Harvesting Happiness for Heroes in self-generation and happiness was positive and enthusiastic. We were pleased to see the positive changes in the groups.”**

**-Charles Kibby, President, Preservation Arts, Los Angeles, California**



To book Lisa Cypers Kamen or inquire about coaching, workshops or online classroom programming, call 1.310.273.5300 or 877.929.5300 • E-mail [Lisa@HarvestingHappiness.com](mailto:Lisa@HarvestingHappiness.com)  
Website: [www.HarvestingHappiness.com](http://www.HarvestingHappiness.com) • YouTube: <http://goo.gl/uIJC>